www.wheelofwellbeing.org

The WoW website is a creative starting point for improving well-being that includes a unique collection of crowd-sourced tips, free tools, downloadable resources and a strategic consultancy service.

**Why a well-being website?**
More and more research is showing us how certain actions, activities and practices can improve our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add seven years to our lives. We think people need to know more about this, so we have designed a website to spread the word.

**Where WoW comes from?**
The Wheel of Well-being framework is the result of a 6-year design collaboration. The Mental Health Promotion Team at South London and Maudsley NHS Foundation Trust and Uscreates, a strategic consultancy delivering social value, initially came together through Well London and continue to work in partnership today with the support of the Maudsley Charity.

hello@wheelofwellbeing.org
The website offers 3 main functions

**WoW Yourself**
- Designed from a to z - consult perspective: this section is full of practical information about well-being, tips to test, activities to try, and places to visit. You can even create your own well-being account to monitor your personal progress.
- **WoW Activities**: A collection of well-being activities that anyone can do, 365 hours, ice-breakers, finding flow, and the bank of compliments - a few examples of activities this section offers.
- **WoW Tips**: A collection of hundreds of practical ideas for improving well-being provided by people all over the world. Visitors can filter by specific themes and also post their own tips.
- **WoW Places**: A map showing locations recommended by site users as places that improve their well-being. Visitors can explore their local area, filter for specific themes and recommend a place of their own.
- **WoW Personal Account**: A personal wish list where WOW activities, tips, and places can be saved for future action. A WOW Tracker provides a visual account of personal progress.

**WoW Your Community**
- If you work in the public, private or voluntary sector, this section gives you inspirational ideas about how you can promote well-being in your organisation, workplace or local community.
- **WoW Brand**: A communications toolkit that includes free access to artwork and logos as well as a comprehensive branding guide designed to support the development of personalised resources.
- **WoW Event Toolkit**: A collection of practical resources - from building to on-line planning tools - all designed to WOW any event. Regular training workshops explain the use of tools.
- **Do-it-yourself Training**: A range of innovative "off the shelf" and bespoke training offers have been designed to translate well-being rhetoric into WOW practice.
- **DIY Happiness Game**: A board game that encourages players to share and collect well-being tips. It's been played in schools, offices, hospices, gyms and parties - all over the world. Workshops are run regularly to train facilitators.

**WoW Strategy**
- If you're involved in policy, development, public health or local government, this can help you explore how you might develop a strategy focused on improving the well-being of those you care about.
- **SLoM Strategic Support**: The WOW Team has been working closely with county councils, policy-makers and public sector organisations to design and develop well-being strategies. If your organisation is interested in exploring a strategic approach to well-being, contact us at hello@thehealthwellbeing.org

South London and Maudsley NHS Trust
uscreates
The strategic marketing delivering world-class care
Wheel of Well-being
keep learning about well-being

recommended resources

We get lots of requests for our references and ‘where to go’ to learn more about well-being so we thought this would be a good way to share our favourite reads, resources and inspiring organisations with you. They’re in no particular order and make the list for no other reason than that we’ve used them and we think they’re great!

Our favourites for reading about well-being

- **Be excellent at anything: the four keys to transforming the way we work and live**
  Tony Schwartz, Jean Gomes & Catherine McCarthy, 2011
  A really practical approach to managing your energy from four perspectives: physically, emotionally, socially and spiritually – both at work and at home.

- **The Blue Zones: lessons for living longer from the people who’ve lived the longest**
  Dan Buettner, 2010
  Interesting and informative accounts about where in the world people live the longest, happiest lives...and why.

- **Change the World for a Fiver: we are what we do**
  Anon, 2004
  Clever, colourful, environmentally-perfect and created by London’s own ‘wearewhatwedo’...full of inspiring and innovative ideas to prompt us all to think globally, act locally and live happier lives

- **Flourish: A new understanding of happiness and well-being and how to achieve them**
  Martin E. P. Seligman, 2011
  Ten years on from ‘Authentic Happiness’, Seligman’s new work is both a great source of knowledge about the latest in positive psychology – and an inspiring read.

- **Finding Flow: The psychology of engagement with everyday life**
  Mihaly Csikszentmihalyi, 1998
  An exploration of the art and science behind one of the key ingredients to happiness – and how you can design your life to use your time more positively

- **Happier: Can you learn to be happy?**
  Tal Ben-Shahar, 2007
  Highly readable, very personal and seriously practical guide by the teacher of Harvard University’s most popular course. Takes self-help to new heights.

- **Happiness: The thinking person’s guide**
  Richard O’Connor, 2009
  Written by a psychotherapist with a personal experience of depression – a programme for restructuring your life and rewiring your brain. No quick fixes here but it covers all the territory – with lots of practical advice.
Happiness: Unlocking the mysteries of psychological wealth
Ed Diener and Robert Biswas-Diener, 2008
The world's leading expert on happiness and his son, the 'Indiana Jones' of positive psychology, team up in a practical, science-based guide that covers health, work, relationships, money - and much more.

Happiness: Lessons from a new science
Richard Layard, 2011
Eminent British economist and founder of 'Action for Happiness' looks at the philosophy, economics, psychology and big questions about happiness - and gives us his views.

The How of Happiness: A practical guide to getting the life you want
Sonja Lyubomirsky 2010
A really practical 'how-to' guide to happiness with advice about how to tailor it to your own personality, needs and goals. From the scientist who's done much of the research into 'what really works'.

Mindfulness: A practical guide to finding peace in a frantic world
Mark Williams & Danny Penman, 2011
Great description & explanation of why we're feeling so frazzled - and what we can do about it. A comprehensive 8 week mindfulness programme including CD of programme meditations

Positivity: Discover the groundbreaking science to release your inner optimist and thrive
Barbara Fredrickson, 2010
The most influential positive psychologist in the world explains her research into emotions, why we all should practice more 'positivity' - and how to do it.

No waste like home
Penney Poyzer, 2005
A colourful, money-saving, health-improving, planet-protecting guide to saving the world - starting with your own home

Positive News
http://www.positivenews.org.uk/
4 issues per year for a subscription of £15
The world's original and leading positive newspaper. Focusing on solutions, it reports on people and initiatives that are creating a sustainable, just and fulfilling world.

Teach your granny to text and other ways to change the world
We Are What We Do Community Interest Company, 2008
Thirty small things, designed by children, to help change the world...by the same gang who brought us the inspired and inspiring 'Change the world for a fiver'
Thanks! how the new science of gratitude can make you happier

Robert Emmons, 2007
By the world’s leading expert on gratitude, a clear and practical book full of wisdom and inspiration about how to make the world a better place!

Wherever You Go, There You are: Mindfulness Meditation for Everyday Life

Jon Kabat-Zinn, 2004
From the guy who started it all – the Western world’s authority on mindful meditation.

our favourite websites to learn about well-being

Happy planet index
http://www.happyplanetindex.org/

Random acts of kindness
http://www.randomactsofkindness.org/
inspiration al ideas

We are what we do
http://wearewhatwe.do.org/
the organisation behind ‘teach your Granny to text’ and ‘change the world for a fiver’

The world needs more love letters
http://www.morloveletters.com/
just take a look!

our favourite UK organisations for improving well-being

Action for Happiness
http://www.actionforhappiness.org/
join your local group – or if you want to really do-it-yourself ... set up your own!

The Reader Organisation
http://www.thereader.org.uk
the best way to connect – join a one of their Get into Reading groups – they’re sprouting up all over the UK

nef (the new economics foundation)
http://www.neweconomics.org
think-tank doing loads of inspirational work on well-being

Shinetime
http://shinetime.co.uk/
making us laugh since 2005
Wheel of Well-being
keep learning about well-being

uscreates
http://www.uscreates.com/
our brilliant wheel of well-being design team & social change experts

The Young Foundation
http://youngfoundation.org/
think-tank doing great work using the wheel of well-being as part of ‘the U’ project

our favourite places to learn about well-being

Action for Happiness
http://www.actionforhappiness.org/
sign up quick – they run regular events with great speakers in London

Authentic Happiness
http://www.authentichappiness.sas.upenn.edu
Martin Seligman’s homepage is a feast of positive psychology

The Happiness Formula
http://news.bbc.co.uk/1/hi/programmes/happiness_formula/default.stm
the BBC’s TV series still makes very useful viewing

Centre for Confidence and Well-being
http://www.centreforconfidence.co.uk/
Glasgow-based source for excellent info and resources on all aspects of well-being

the energy project
http://www.theenergyproject.com/
especially if you’re interested in well-being at work

Positive Psychology Centre
http://www.ppc.sas.upenn.edu/
the university of pennsylvania leads the world – and the info here proves it!

TED studies: Understanding happiness
http://eu.wiley.com/WileyCDA/Section/id-814228.html
a great on-line series of TED talks and supporting study materials

The School of Life
http://www.theschooloflife.com/
short courses and Sunday sermons that inspire Londoners

University of East London
http://www.uel.ac.uk/postgraduate/specs/positivepsychology/
Masters in Applied Positive Psychology