

Wellbeing Awareness Tool

Discover where you fall on the wellbeing continuum from Depleted to Flourishing on average - look across the Areas of Wellbeing and see what signs you resonate with.

Area of Wellbeing	Flourishing	Healthy	Languishing	Depleted
Emotional	- Regulating emotions through accepting and feeling the full spectrum of feelings - Taking moments to feel fulfilment and gratitude	- Able to recognise different feelings and emotionally regulate as needed - Taking moments to feel gratitude	- Feeling ok, but could be better - Feeling a level of frustration, anxiety, or low mood despite functioning ok	- Feeling overwhelmed, highly anxious, experiencing panic attacks, or feeling low and depressed - Struggling to emotionally regulate
Personal Relationships	- Supportive relationships with deep connection - Solid boundaries and communication - Strong support system - A sense of place within wider community	- Mostly supportive relationships - Doing reasonably well with boundaries and communication - An active support system	- Avoiding dealing with challenging relationships - Not communicating well - Support system not being attended to	- Isolating from relationships - Lacking a support system - Engaging in negative relationships - Communicating in unhelpful or violent ways
Work	- A sense of achievement and productivity - Focus on tasks and problem solving well - Maintaining work- life balance - Healthy communication with colleagues and manager	- Achieving, but could be more productive - Able to focus and problem solve most of the time - Ok work-life balance - Able to communicate effectively with most people at work	- Overworking and not feeling satisfied by work - Struggling to focus and solve problems, and procrastinating - A sense of overwhelm and lacking motivation - Ineffective communication	- Not going to work or not able to do the job - Feeling burnt out and no motivation - Checked out from work or highly resentful or negative towards it - Avoiding colleagues or engaging in conflict
Physical Health	- Regularly engaging in cardio and strength based movement - Balanced diet and healthy appetite - Consistently high energy levels - Robust physical self care	- Engaging in a fitness routine - Primarily healthy diet and regular appetite - Natural fluctuations of low and high energy - Looking after self physically	- Reduced physical activity - Unbalanced diet and appetite - Sustained periods of low energy - Slipping on habits of physical self care	- No, or very little, physical activity - Eating too much or not eating enough regularly - Constant fatigue - Neglecting taking care of self physically
Sleep	- Consistent and refreshing sleep - Being able to fall asleep and stay asleep	- Consistent sleep patterns - Getting refreshing sleep most nights - Light periods of disturbed sleep	- Inconsistent sleep most nights - Difficulty getting to sleep and staying asleep - Not waking up feeling refreshed	- Insomnia - Sleeping too much or too little ongoing - Not waking up feeling refreshed - Ongoing nightmares impacting sleep
Coping	- A routine that makes life easier - Regular engagement in interests/ hobbies - Making time for different aspects of self care - Limited use of unhelpful habits to cope, such as substances, scrolling and isolation	- A regular routine with some interruption - Engaging in interests/hobbies - Engaging in some self care - Some use of unhelpful habits to cope, such as substances, scrolling, and isolation	- Little routine - Making less time for interests/ hobbies - Lacking in self care - Increased use of unhelpful habits to cope, such as substances, scrolling and isolation	- Little routine - No desire to engage in interests/ hobbies - Not looking after self - uncontrolled and frequent use of unhelpful habits to cope, such as substances, scrolling and isolation
Spiritual	- Connected with meaning and purpose - Ongoing state of hope and fulfilment - Regular spiritual practices with others, such as prayer or meditation - A strong sense of connection with the world or nature	- Generally connected to meaning and purpose - Can sense hope and fulfilment - Making some time for spiritual practices - A sense of connection to the world or nature	- Not connected to meaning and purpose or feeling lost - Lacks a sense of hope or fulfilment - Lacking spiritual practices - Feeling disconnected from the world or nature	- Feeling no sense of meaning or purpose - No sense of hope or fulfilment - An absence of spiritual practices - Feeling a loss of connection to the world
Thoughts	- Being able to acknowledge thoughts as "just thoughts" - Responding to thoughts with balanced thinking - Often being present - Thinking clearly and being able to make decisions in line with values	- Being able to be balanced in thinking most of the time - Being able to acknowledge thoughts are not facts - Being present some of the time - Mostly clear thinking in line with values	- Experiencing intrusive thoughts - Ruminating on thoughts and thinking in unhelpful ways - May experience some thoughts of harming self or others - Struggling to see the big picture	- Regular intrusive thoughts - Consumed by negative and anxious thoughts - Consistent thoughts of harming self or others - Can't think clearly / brain fog
Body Sensations	- Able to recognise and respond to the body's needs felt through sensation - Relaxed muscles - Often being present - Nervous system is engaging in a restful state when needed	- Noticing body sensations - Muscles relaxed much of the time - Mostly able to engage the nervous system in a restful state when needed	- Disconnection from most body sensations except pain - Muscle tension ongoing and possibly headaches - Being triggered in fight/flight/freeze state more often	- Muscle tension and pain ongoing throughout the body - Constant discomfort in the body - Constantly in fight/flight/freeze part of nervous system
What to do	- Maintain your routines and healthy habits - You likely have the capacity to support love ones or volunteer - Journal your mood on Clearhead to keep track of what's supporting a state of flourishing	- This is a good time to bolster your support system and improve communication and emotional regulation skills - Consider improving your life balance - Track your mood on Clearhead to understand what makes you Healthy and to receive recommendations for feeling even better	- Take a break and spend some time in nature - Focus on tools for emotional regulation, such as deep breathing or muscle relaxation - This is the time to engage your support network - Reach out to one of Clearhead's trusted providers for support	- Speak to a Clearhead therapist immediately or as soon as possible by calling 0800 CLR HED (NZ) or 1800 CLR HED (AUS) for 24-hour support. - This is also an important time to engage love ones for support if possible