



# Work on Wellbeing

1st Work on Wellbeing Report

April 2023





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## Disclaimer

The WoW Report and associated results should not be used to replace the advice of a qualified professional. If you are experiencing significant psychological difficulties you should contact your doctor or a qualified mental health professional. Work on Wellbeing disclaims any liability, loss, or risk incurred as a consequence, directly or indirectly, from the use and application of any of the material in this report. [See Terms of Use.](#)

# Summary Overview

## About Wellbeing

Wellbeing most often refers to the aspects that make a life go well. As a multi-dimensional construct it includes consideration of features such as positive feelings (e.g., positive emotions & emotional stability) and positive functioning (e.g., self-esteem, growth, meaning in life). People high in wellbeing are generally mentally fit - they have the capacity to utilise their resources and skills to adapt to internal and external challenges, or advantages, to enable thriving. They are psychologically flexible because they have greater self-awareness and self-regulation.

## About Your WoW Report

WoW assessed your subjective wellbeing: your experiences, feelings, functioning and perceptions of how your life is going - both what is going right, and what is going wrong.

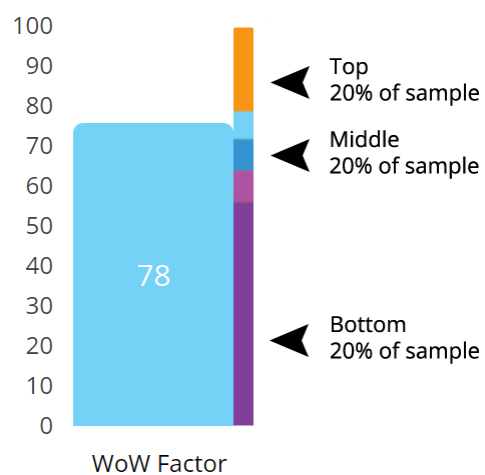
The assessment investigated four main domains:

- 1 a global assessment of your wellbeing
- 2 an assessment of the different domains of your life
- 3 an assessment of your workplace wellbeing (if employed)
- 4 an assessment of component factors underpinning your wellbeing

## About Wellbeing

Summary scores have been converted into percentages in your report, and graphs and colour coding have been used for easy interpretation and tracking over time. Some bar graphs also have shaded mini-bars attached to them.

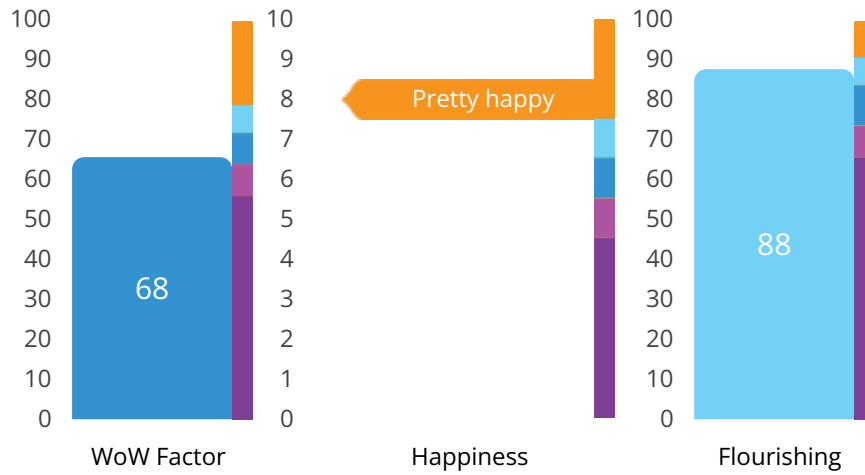
These bars are shaded in quintiles, from purple at the bottom (bottom 20% of sample), to light orange at the top (top 20% of sample) - the middle light blue colour in the mini-bar is the same colour as your main result bar and represents where the middle 20% of the sample score.



**Note:** WoW recommends caution in comparing your wellbeing to others - the scores are more useful for seeing how your wellbeing is changing over time.

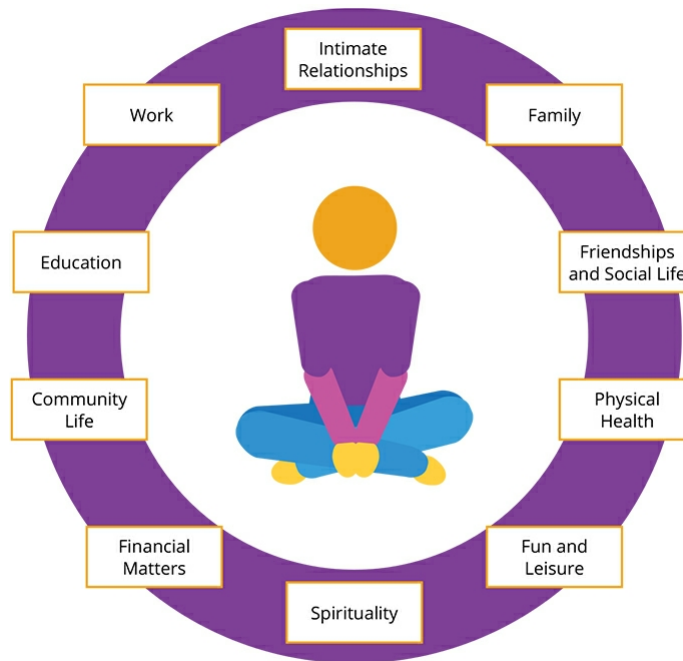
## Global Wellbeing

On the whole it seems like you have **about average wellbeing**. You reported that you are **pretty happy**, and your scores indicated that you have **high flourishing**.



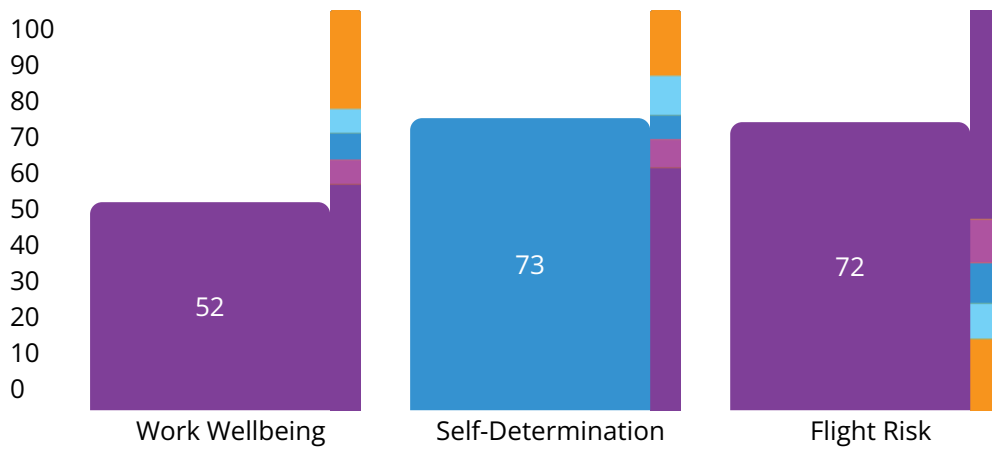
## Domain Wellbeing

Your domain wellbeing scores indicate that across most aspects of your life, your wellbeing is **high**. This means that you are satisfied with a majority of life domains.



# Work Wellbeing

On the whole it seems like your work wellbeing is **very low!** Your self-determination score was **about average**, and your flight-risk over the next six months was estimated at **72%**.



# Component Wellbeing

The last section of the WoW assessment investigated components that build wellbeing, and in your case, the two components were Resilience and Health and Lifestyle factors.

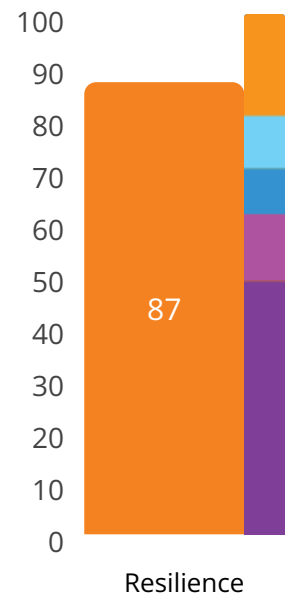
## Resilience

In the first part of this component wellbeing section you answered three questions from a scientific measure called the Brief Resilience Scale. These questions investigated if you perceive that you bounce back quickly after hard times, if you usually come through difficult times with little trouble, and how long it takes you to recover from stressful events. These three questions assess 'psychological resilience' which is broadly defined as "an individual's tendency to cope with stress and adversity". In practice, resilience is a dynamic process (rather than a trait within an individual) whereby an individual exhibits positive behavioural adaptation when they encounter significant adversity, trauma, tragedy, threats, or significant sources of stress. Having the ability to cope well results in the individual "bouncing back" to a previous state of normal functioning, or simply not showing negative effects.

Reported scores on this adapted scale range from 0 to 30 (you scored **26**), WoW has converted your score so that it is now out of 100. Your score on the adapted Brief Resilience Scale was:

**87/100**

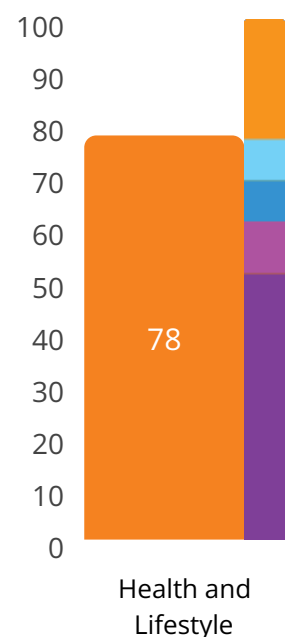
**This score indicates that you are very resilient which is fantastic!**



## Health and Lifestyle

In the second part of this component wellbeing section you answered four questions about your health and lifestyle behaviours. These questions investigated your perceptions of how satisfied you are with your general health, diet, quality of sleep, and your level of physical activity and exercise. It is important to assess health and lifestyle aspects in addition to psychological wellbeing as modern health issues are often a result of a maladaptive lifestyle. Health is more than a state of wellness or sickness, it is a personal practice, and thus tracking these four indicators in particular, across key areas of health, can assist with making positive improvements to your health.

To upgrade your report to the full version, which includes details of each of the components, your individual data, comparisons over time, wellbeing activities, and more, please log in and click the button to access the full report. Alternatively please contact us on [wow@langleygroup.com.au](mailto:wow@langleygroup.com.au)





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