**Workplace wellbeing snapshot survey**

So that you can support your workforce in the ways that are the most useful to them at this time, we recommend that you regularly ask your employees how they are doing.  We have developed this suggested set of questions in collaboration with The Department for Work and Pensions, to give a quick snapshot of how people are doing with respect to different aspects of wellbeing.

You can find out more at [whatworkswellbeing.org](about:blank). If you would like tailored help to measure your results, get in touch at [info@whatworkswellbeing.org](about:blank).

**The recommended questions and scales**

**For each of these questions I’d like you to give an answer on a scale of 0 to 10, where 0 is “not at all” and 10 is “completely”...**

* Overall, how satisfied are you with your life nowadays?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all |  | | | | | | | | | Completely |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

* Overall, to what extent do you feel that the things you do in your life are worthwhile?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all |  | | | | | | | | | Completely |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

* Overall, how happy did you feel yesterday?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all |  | | | | | | | | | Completely |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

* Overall, how anxious did you feel yesterday?

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all |  | | | | | | | | | Completely |
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

**On a scale of 1 to 7 where 1 means 'Completely dissatisfied' and 7 means 'Completely satisfied', how dissatisfied or satisfied are you with your present job overall?**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Completely dissatisfied | Mostly dissatisfied | Somewhat dissatisfied | Neither satisfied nor dissatisfied | Somewhat satisfied | Mostly satisfied | Completely satisfied |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |

**I would recommend my organisation as a great place to work**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

**How would you rate your overall physical health now?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very good | Good | Fair | Bad | Very bad |
| 1 | 2 | 3 | 4 | 5 |

**How would you rate your overall mental health now?**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Very good | Good | Fair | Bad | Very bad |
| 1 | 2 | 3 | 4 | 5 |

**I feel safe from threats and physical hazards in my work environment**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

**I am satisfied with my physical working environment**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Strongly disagree | Disagree | Neither agree nor disagree | Agree | Strongly agree |
| 1 | 2 | 3 | 4 | 5 |

**For each of the following statements, please select the response which best describes your work situation...**

* ‘Your manager helps and supports you’

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Always | Most of the time | Sometimes | Rarely | Never |
| 1 | 2 | 3 | 4 | 5 |

* ‘Your colleagues help and support you’

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Always | Most of the time | Sometimes | Rarely | Never |
| 1 | 2 | 3 | 4 | 5 |

* ‘Your job gives you the feeling of work well done’

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Always | Most of the time | Sometimes | Rarely | Never |
| 1 | 2 | 3 | 4 | 5 |

**Record your wellbeing over time**

You can track your response over time by writing your score in the boxes below each question.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **1** | **2** | **3** | **4** | **5** | **6** | **7** |
| **Question** |  |  |  |  |  |  |  |
| Overall, how satisfied are you with your life nowadays? (0-10 scale) |  |  |  |  |  |  |  |
| Overall, to what extent do you feel that the things you do in your life are worthwhile? (0-10 scale) |  |  |  |  |  |  |  |
| Overall, how happy did you feel yesterday? (0-10 scale) |  |  |  |  |  |  |  |
| Overall, how anxious did you feel yesterday?  (0-10 scale) |  |  |  |  |  |  |  |
| How dissatisfied or satisfied are you with your present job overall? (1-7 scale) |  |  |  |  |  |  |  |
| I would recommend my organisation as a great place to work (1-5 scale) |  |  |  |  |  |  |  |
| How would you rate your overall physical health now? (1-5 scale) |  |  |  |  |  |  |  |
| How would you rate your overall mental health now? (1-5 scale) |  |  |  |  |  |  |  |
| I feel safe from threats and physical hazards in my work environment (1-5 scale) |  |  |  |  |  |  |  |
| I am satisfied with my physical working environment (1-5 scale) |  |  |  |  |  |  |  |
| Your manager helps and supports you’ (1-5 scale) |  |  |  |  |  |  |  |
| ‘Your colleagues help and support you’ (1-5 scale) |  |  |  |  |  |  |  |
| ‘Your job gives you the feeling of work well done’ (1-5 scale) |  |  |  |  |  |  |  |