

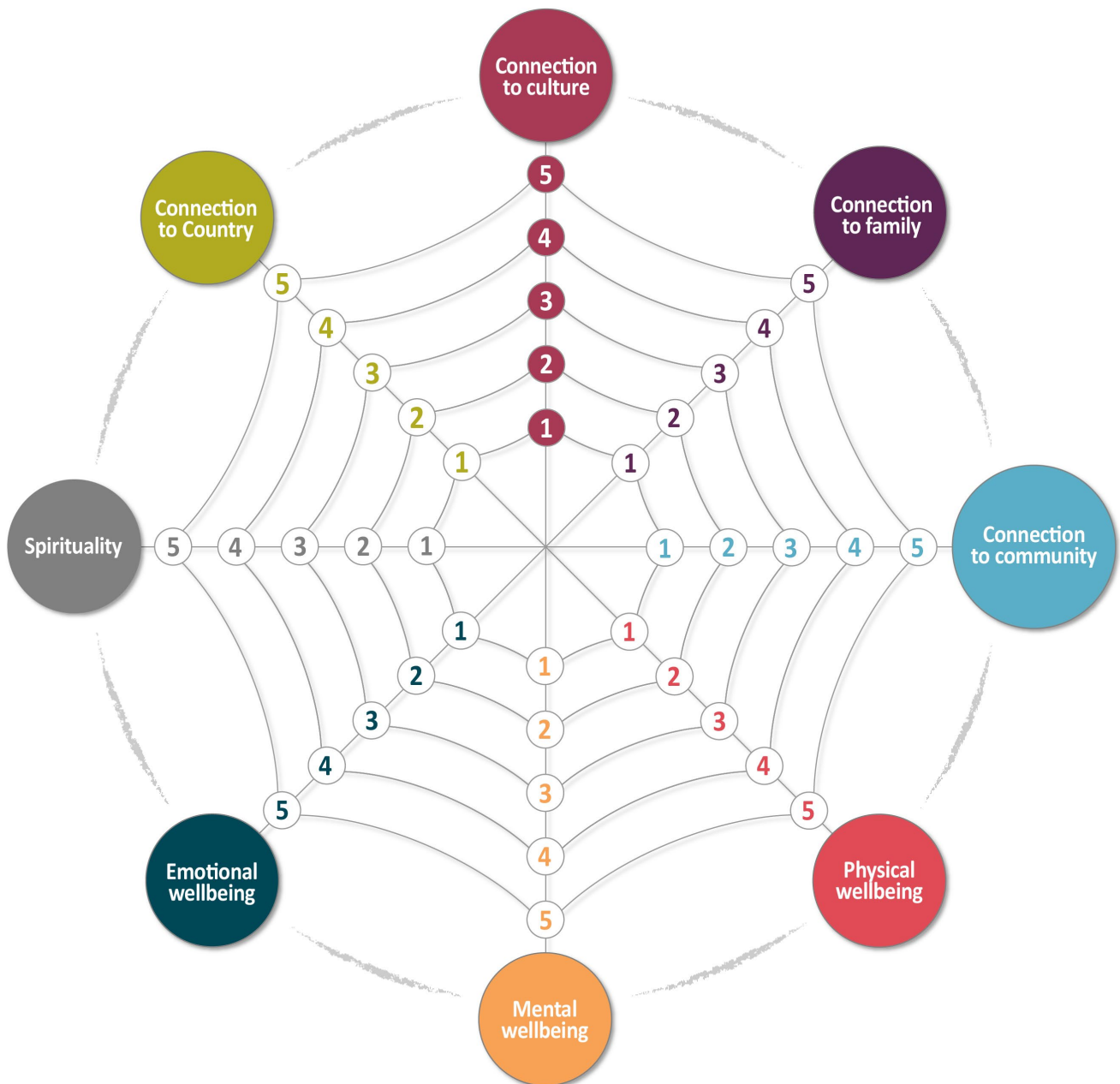
# How you going?

Aboriginal and Torres Strait Islander people see good health and wellbeing as being holistic – caring about all the parts of ourselves.

On a scale of 1 to 5

5 is great and deadly  
 3 is so-so, not great, not bad  
 1 is warra, no good, pretty bad

How do you feel about these parts of your wellbeing?



# Spinning your wellbeing web

Join your dots together to form your own web shape.

**1. How would you describe your web shape? Is it balanced, or bumpy?**

**2. Which part of wellbeing is your strength right now? What will you do to care for that?**

**3. What is an area of wellbeing you'd like to strengthen most? What is one next best step to do that?**

Use the wellbeing web regularly to check how you are going. It straight away gives us good feedback.

Checking in with ourselves is essential to care for others, and for cultural safety.

Encourage others to use this too.

This can be used at home and at work, and in research, collecting data with people and groups at points in time, checking between groups and across time.

Best wishes and may the wellbeing web help you look after all your areas of wellbeing.

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