

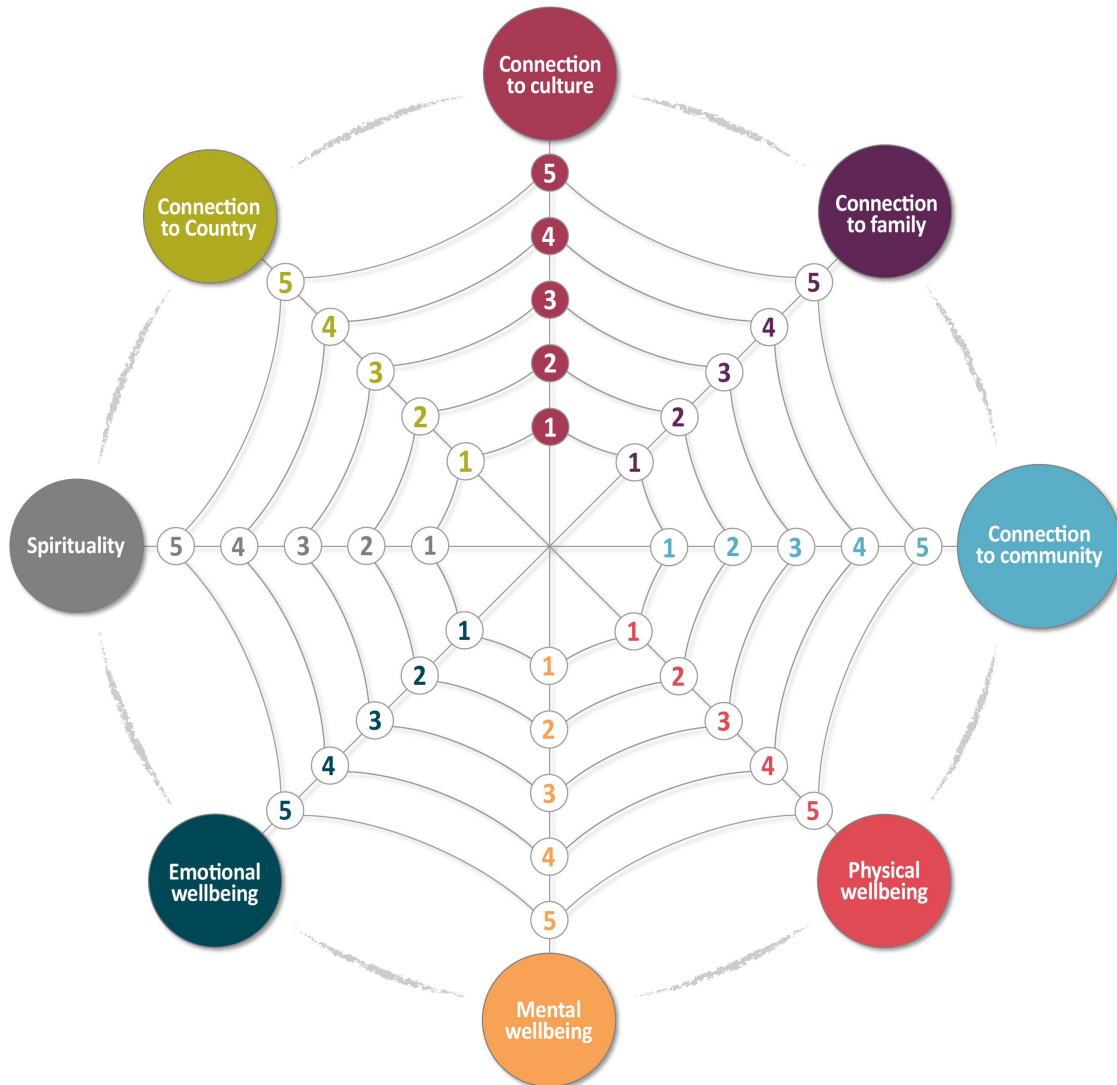


## Aboriginal and Torres Strait Islander people see good health and wellbeing as being holistic – caring about all the parts of ourselves

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?



Name: .....



## Spinning your wellbeing web

Join your scores together to form your own web shape

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

**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?**

We can use the wellbeing web regularly to check how we are going. It straight away gives us good feedback.

Checking in with ourselves has to happen to care for others. It's vital for cultural safety.

This can be used by us, or at work, in research, collecting data over time, checking as individuals or groups on how we are going.

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

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