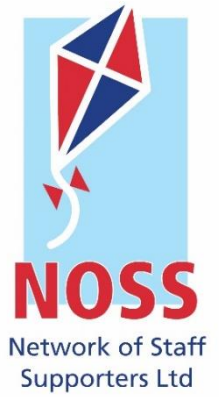
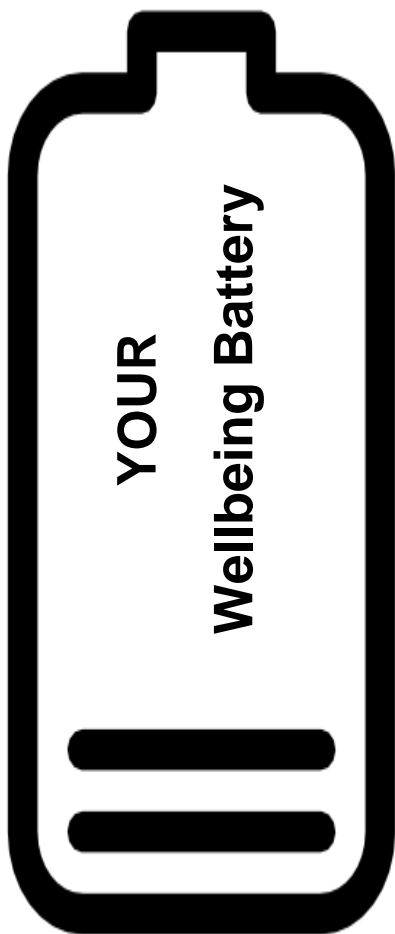


Take the NOSS Battery Wellbeing test



Your wellbeing is similar to a battery. If you are taking more energy out of your 'battery' than you are putting in, **your** wellbeing will begin to suffer. This test is to help you think about your 'battery' level and to help you consider your own wellbeing – **how is your battery?**

Think about how you feel **today**, put a tick or cross in the boxes below. For example, if you are sleeping well, put a tick in the box, if your sleep is not very good put a cross.



- Sleeping
- Eating
- Alcohol
- Smoking
- Fatigue
- Concentration
- Motivation
- Pain
- Happy
- Clarity of Thought

Is your battery full of ticks or crosses, could you top it up?

- ✓ If there are lots of ticks how you are going to maintain your wellbeing?
- ✗ If there are lots of crosses, how can you help yourself to improve your own wellbeing?

Have a read of our **'In a Nutshell' Battery Filling suggestions** - and try out some of the ideas to improve your own personal wellbeing.