

Well-being Star™ Quiz

The Outcomes Star for self-help with long-term conditions

Could you be feeling better?

Are there things you and others can do to help you feel as well as possible?

To help you think about this, answer the eight questions below and create your own Well-being Star. Choose the statement that fits best for you and then mark the number on the Well-being Star.

1 Not thinking about it 2 Finding out 3 Making changes 4 Getting there 5 As good as it can be

1 Your lifestyle

sleeping habits exercise smoking diet



- 5 My diet, exercise and sleep routines support my health and well-being and I am as healthy as I can be at the moment
- 4 My lifestyle is pretty healthy but there are more things I could do to look after myself well
- 3 I am doing things to make my lifestyle healthier but it's often hard to keep it up
- 2 I want to feel as well as I can and I'm finding out about or planning to make the lifestyle changes that would help
- 1 I don't have a healthy diet, exercise or sleep routine and I am not thinking about making changes to my lifestyle. *Perhaps you don't know what lifestyle changes you could make or don't think it would help or it feels too hard*

2 Looking after yourself

shopping going out cleaning getting dressed



- 5 I have all the equipment, adaptations and support that are available and appropriate to my needs and I use them well so that I am as independent as I can be or my condition hasn't affected my ability to look after myself and get around
- 4 I am using support, adaptations or equipment but there are areas where additional equipment, adaptations or support could help more
- 3 I am trying out new equipment, adaptations or support to help me get around or do more for myself but finding it hard
- 2 It is difficult for me to look after myself or get around. I want to do more for myself or for it to be less of a struggle so I'm looking into the help, adaptations and equipment available to me
- 1 It is difficult for me to look after myself or get around. I'm not looking into getting help or finding out what adaptations or equipment are available. *Perhaps you don't know that help and equipment are available or you think there is nothing that can be done to help*

3 Managing your symptoms

information medication resting and energy levels pain management



- 5 I do everything possible to manage my symptoms well so that their effect on my life is as small as it can be
- 4 I have learnt a lot about how to manage my symptoms but there are some things I know I could do better or times when I don't do what I know would help
- 3 I am trying some ways of managing my symptoms but don't know yet if they help or find it hard to keep them up
- 2 I want to feel more in control and I'm finding out about things I can do to manage my symptoms or thinking about changes I could make
- 1 I am not managing my symptoms or thinking about how to. [Maybe you don't know how to or feel this is up to the doctors - or you just can't think about it](#)

4 Work, volunteering and other activities

work conditions new roles re-training volunteering



- 5 I have done everything I can do and have got all the support that is available to enable me to continue working or do other things instead or the condition has not affected me in this area
- 4 I have made changes in what I do or how I do it but things could still be better
- 3 I am trying out new ways of doing things in relation to work, volunteering or other activities
- 2 I am finding out what I can do or I have found out but not yet put it into practice. [For example you might be finding out what support is available to help you find work or enjoy other activities, or help you to carry out the job you currently have](#)
- 1 My condition has affected my ability to work, study, volunteer, look for work or do other activities. I feel there is nothing I can do about this and haven't found out what help is available

5 Money

getting benefits spending less managing my money



- 5 I have got all the help and benefits I can and made the changes to spending I need to make. **There may still be financial worries but you have done everything you can** **or** the condition has not affected me in this area
- 4 I have made the main changes necessary to manage within my financial situation but there are some areas where I could do more
- 3 I am making changes to adjust to my financial situation but it's hard and I still have money problems
- 2 I am finding out what help is available to address the money problems I have and what my options are **or** I have found out but I have not yet acted on the information and advice
- 1 I have money problems as a result of my health condition but I am not doing anything about them at the moment

6 Where you live

local facilities damp pollution stairs



- 5 My home is suitable for me and supports my well-being as much as possible **or** the condition has not affected me in this area
- 4 My home is mostly suitable for me but I need help to sort out a few things
- 3 I am making changes to my home. **For example you might be sorting out damp or moving to a place that is more suitable for you**
- 2 My home isn't suitable and I am finding out what my options are **or** I have found out about my options but not yet taken steps to improve where I live
- 1 I'm not thinking about my home and whether it is suitable for someone with my condition. **Perhaps you don't know if it makes a difference or you don't think you could move or make changes to your home**

7 Family and friends

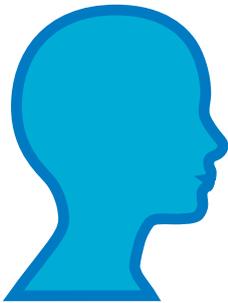
talking understanding adjusting new roles



- 5 My relationships with friends and family have adjusted to our new situation. There may be problems from time to time but we can deal with them
- 4 My relationships have adjusted to some extent but there are still some areas of difficulty or particular relationships that need work
- 3 I am trying to improve how I relate to friends and family but things are still difficult. *You might be talking to them about the condition if you didn't before or what you expect of your relationships may have changed or you may be making new friends*
- 2 I can see that my condition has affected my relationships and I am thinking about how to adjust. *You may be talking to others who have been through the same thing*
- 1 Things are difficult with family or friends as a result of my health condition but there is nothing I can do

8 Feeling Positive

hope learning to cope feeling calm



- 5 I know what helps me feel positive or relaxed and I make sure I do those things. *You may still feel low or anxious at times but you don't stay there for too long*
- 4 I have found some ways to relax or feel more positive and I put those into practice some of the time. But it's difficult and sometimes I don't feel able to help myself
- 3 I am trying out ways to help myself feel calmer or more positive
- 2 I feel low or anxious a lot of the time but I'm looking into or thinking about how to deal with difficulties and to feel better. *You might be talking to a health worker or someone else who has been through it*
- 1 I feel low or anxious most or all the time and I don't know what to do to feel better. *Maybe you don't believe it is possible to feel more positive because of your health condition*

What to do when you have finished the Quiz

1. **Create your Well-being Star by marking your answers on the Star**, if you haven't already done this, and joining the points to see what shape it makes. If your Star is big and rounded you are probably doing most things you can do to feel as good as you can. If your Star is quite small or uneven then there are probably lots more things you could do to feel better.
2. **Talk to someone about your Star**. If you didn't fill in the Star with another person's help, can you find someone to talk to about it? That could be a health worker, a friend or family member, someone else with the condition, or someone from a support group. They might help you to think about the questions below and plan what to do next.
 - Why did you choose each answer? It is helpful to talk about each area and get someone else's opinion. Perhaps there is more you could do or more help available than you realise
 - Where have you chosen answers with lower scores, and where have you put down higher answers? Over the page you will find some information on what these scores mean and what you could do next
 - Looking at the Star as a whole, how do you feel? Are there any surprises? What are the areas where you would most like help or feel you could really benefit from making changes yourself? This can be a good time to set yourself some goals. You can use the Action Plan attached to the Star to record them.
3. **Look again at your Star**. After a little time has passed, and you have had a chance to try making changes, you might want to have another go at filling in the Star to see where you have improved, where you might have slipped back a bit, and what things you would like to look at next. You can also look at the goals you wrote down in your Action Plan. Did you achieve them and are there new goals you want to set? If so you can complete a new plan.

Have you been given information and details about services that could help you work out what to do next?

It might be useful to write down what you plan to do – there is an actions sheet for you to do this.

What your scores mean and what to do next

Answer	What this means	What to do next
<p>if you answered 1</p> <p>“Not thinking about it”</p>	<p>You are probably not really thinking about that area. Perhaps this is because you have just been diagnosed or your condition has recently got worse. You may be feeling too shocked or anxious about what the future holds to even begin to think about positive ways to manage your condition. Or perhaps you have had the condition for some time but never really got to grips with this area</p>	<p>Start thinking or talking to someone about this aspect of your life, how you feel about it and what the problems are that you are experiencing. Then you can start to find out what you can do and what help is available</p>
<p>if you answered 2</p> <p>“Finding out”</p>	<p>You are probably thinking about how you can improve things in this area and feel more in control. This is a really important step because thinking about the issues and finding out information makes change and improvements possible</p>	<p>The next step is to decide what you are going to do based on the information you have collected and take action</p>
<p>if you answered 3</p> <p>“Making changes”</p>	<p>You are making changes and trying to do things to improve in this area of your life. This is likely to mean quite a bit of trial and error. Some things may be easy or give you instant benefits whilst other things are difficult or you have not seen any benefits yet</p>	<p>The next step is to carry on believing that you can make a difference. Don't expect everything to work straight away. Think of it as a learning process – finding out what works for you in living with your condition</p>
<p>if you answered 4</p> <p>“Getting there”</p>	<p>You are probably doing quite a lot to deal with the main issues you face in this area. However there are still some problems and sometimes you may get fed up with the adjustments you have had to make</p>	<p>The next step is to learn from your successes and keep going. If you are at this point then you are managing this area of your life pretty well but there is more you could do. Draw encouragement and learning from the things that are going well and apply it to the problems that are still there</p>
<p>if you answered 5</p> <p>“As good as it can be”</p>	<p>You are doing everything you can to manage this aspect of your life well. You know what help is available to you in this area and draw on it when you need it. It may still be tough living with your health condition but you are doing everything you can and as a result things in this area are as good as they can be</p>	<p>The next step is just to keep it up and stay informed so that you can respond as your condition changes or new services or treatments become available. Completing a new Well-being Star every six or 12 months can be a helpful focus for reviewing how things are. Some people also feel that they have something to offer others who are learning to live with the same condition</p>