

WOMEN in RESEARCH

Managing Your Health and Well-being

Active reflection activity sheet

Look both at your scores compared to benchmarks, as well as your relative scores across all dimensions.

Identify any dimensions where scores are less than ideal: can you see a way to 'redesign' this aspect of your work? Visit the [Crafting your Job](#) section of the website to help you in 'redesigning' your work.

Identify any areas where there appears to be aspects which are strengths. Can you leverage this strength of your job in some way?

If your positive work well-being scores are very low, or if your negative work well-being scores are rather high, what does this mean? What might be some long-term effects of poor well-being? How might this affect your physical health? Try to identify the major factors that drain your energy at work, and think of solutions to reduce their negative impact on you (can you avoid these factors, can you change these factors, can you solicit support from others to help you cope with these factors)? Visit the [Health and Well-being](#) section of the website to help with solutions to reduce the negative impact of work on your well-being.

If your scores for well-being are very low (e.g., you are experiencing a high level of burnout), we strongly suggest that you speak to someone who might be able to help you, such as your GP or leveraging on your organisation's EAP.

If your work well-being scores are positive, what does this tell you about your fit to your work?