

WHO-5



The aim of this wellbeing moment is to create a space to allow your team to pause and reflect on their wellbeing – it is often something we don't consciously do or de-prioritize.



What is the WHO-5?



The WHO-5 (World Health Organization) Wellbeing Index is a really quick and simple way to take the pulse of your wellbeing by answering 5 simple questions.



Many of us keep going without noticing how we're **really feeling**. **It only takes moments to complete.**



Scores are personal and do not have to be shared.



It can help spot when action might be needed.

Get your personal WHO-5 score:

Step 1:

Grab a pen and paper or use your phone to note your scores.

Step 2:

Capture a score for each of the five statements below, which is closest to how you have been feeling over **the last two weeks**.

		All of the time	Most of the time	More than half the time	Less than half the time	Some of the time	At no time
Q1	I have felt cheerful and in good spirits	5	4	3	2	1	0
Q2	I have felt calm and relaxed	5	4	3	2	1	0
Q3	I have felt active and vigorous	5	4	3	2	1	0
Q4	I woke up feeling fresh and rested	5	4	3	2	1	0
Q5	My daily life has been filled with things that interest me	5	4	3	2	1	0

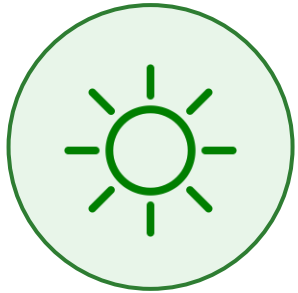
*Access the WHO-5 questionnaire in other languages on the [WHO website](#).

What does your score mean?

You do not need to
share your score

Step 3:

Calculate your score: Add up your answers to get a total between 0 and 25. Multiply that by 4, which will turn your score into a **total % score**.



>70%

Doing great

Keep doing what you are doing. Continue to protect what gives you energy.



50–70%

Doing OK

What one small change could you make to enhance your wellbeing?



30–50%

Take action

Don't ignore the signs. This is an early warning indicator to proactively invest in your wellbeing.



<30%

Seek help

It's time to reach out for professional support – you do not need to manage this alone.

Support in the workplace

Mind's '5 ways to wellbeing'
are a great place to start to boost
your score ...



Connect – build and strengthen relationships
with family, friends, colleagues and your
community



Get active – regular movement can improve
mood, reduce stress and boost energy levels



Give – acts of kindness and helping others can
improve wellbeing for both you and the
recipient



Learn – learning something new can increase
confidence, self-esteem and sense of purpose



Take notice – of the present moment by
practicing mindfulness, journalling or
spending time outdoors to reduce anxiety and
periods of worry

>70% Doing great

Maintain the basics – and
think about helping others.
Have you thought about
becoming a mental
wellbeing champion?

[MWC networks](#) in your area

50–70% Doing OK

Focus on 1 thing you can
change. E.g., Introduce 5
mins down time; stretch;
walk; take the stairs;
message a friend.

Use thrive@bp (powered by
WebMD) to create healthy
habits. Sign up [here](#).

30–50% Take action

Check out these
practical guides to help
you boost your score.

[Recharge wellbeing guide](#)

[Burnout wellbeing guide](#)

[Care wellbeing guide](#)

<30% Seek help

The EAP team are a great
place to start - talk
through how you're
feeling in confidence take
positive steps.

[EAP intranet page](#)

Healthy Minds

bp's own mental health e-
modules for leaders and
colleagues.

Lots of practical hints and tips
to help you maintain or enhance
your mental wellbeing.

[Look for the Healthy
Minds pathway on
grow@bp](#)



headspace

A free app for you and up to
5 friends or family members
that can help you sleep
better, feel calmer, and
more focused.

[Headspace app](#)

[Impermanence and change](#)

[Approaching change](#)

[Navigating change](#)

EAP hub app*



Speak to someone 24/7.
Download the Lyra Hub
app for lots of self-help
information or connect
with a member of the
team in confidence.

Use code: bpwellbeing

US: BPWELLBEINGUSA

If in China, please only use the [web-
based app](#)