

# 10 Fact sheet

## Evaluating success

**It's important to measure the impact of your Five Ways to Wellbeing. Knowing the reach and impact you achieved will help you learn what worked and what didn't and help build a case for future mental health and wellbeing initiatives.**

### **Before you plan your Five Ways focus:**

Find out how much your people and teams currently know about looking after their mental health and wellbeing. Find out how much they currently incorporate the Five Ways into their day. You might run a focus group or develop a brief survey or have one-on-one conversations to find this out. It's good to know this before you start, so, after Five Ways is finished, you can measure what behaviour change was achieved.

You might like to ask some questions such as:

- What do you currently do to take care of your mental health and wellbeing?
- Do you know what you can do to take care of your mental health and wellbeing?
- On a scale from 1 to 10 (1 - 'Not at all' to 10 - 'Very much so'), to what extent do you know how to take care of your mental health and wellbeing?
- Have you heard of the Five Ways to Wellbeing (before this project/focus)?
- On a scale from 1 to 10 (1 - 'Not at all' to 10 - 'Very much so'), how important do you think it is that you look after your own mental health and wellbeing?
- On a scale from 1 to 10 (1 - 'Not at all' to 10 - 'Very much so'), to what extent do you currently practice the Five Ways to Wellbeing in your daily life? (refer people to [Fact sheet: About the Five Ways to Wellbeing](#) to help explain the Five Ways)

- On a scale from 1 to 10 (1 - 'Very poor' to 10 - 'Excellent'), how would you rate your own mental wellbeing? (You can include the definition of mental wellbeing in [Fact sheet: Understanding mental health and wellbeing](#), to help people understand what you mean)

(These same questions can be repeated after your Five Ways focus is completed to see if you made a difference)

### **After your Five Ways focus is completed, ask yourself:**

What we did?

What worked?

What would we do differently next time?

Did the Five Ways create positive conversations about mental health and wellbeing among teams?

Did people/teams introduce the Five Ways into their day? Why? Why not? Has this had a positive impact on their mental wellbeing?

### **Celebrate your successes**

Remember to share your results and your successes with others (colleagues and leaders) - do this throughout Five Ways, as well as once you have some final results.

### **Share your learnings**

Don't shy away from sharing the things that didn't go as well as you'd hoped or the things you found challenging. These are important lessons for next time and for others to learn from too.