Shiftworker Wellbeing Self-Assessment

How is shiftwork affecting your wellbeing?

Shiftwork can affect much more than sleep. It can influence your physical health, mood, relationships, lifestyle, safety and ability to recover.

Think about your experience over the past few weeks.

For each statement, tick one answer:

1 = Strongly disagree
2 = Disagree
3 = Neither agree nor disagree
4 = Agree
5 = Strongly agree

1. MY BODY - Physical wellbeing

	Statement	1	2	3	4	5
1	I get enough sleep to recover between shifts.	○	○	○	○	○
2	I get enough physical activity and movement.	○	○	○	○	○
3	I eat well and stay hydrated when working shifts.	○	○	○	○	○
4	I am able to move around without pain or distress	○	○	○	○	○

2. MY MIND - Mental and emotional wellbeing

	Statement	1	2	3	4	5
5	I generally feel mentally alert when I need to be.	○	○	○	○	○
6	I am able to manage stress and pressure	○	○	○	○	○
7	I can concentrate and think clearly at work	○	○	○	○	○
8	I feel emotionally well and able to cope	○	○	○	○	○

Shiftwork SERVICES

3. MY PEOPLE - Relationships and social wellbeing

	Statement	1	2	3	4	5
9	I have strong relationships with the people who matter most to me.	○	○	○	○	○
10	My shift pattern allows me to maintain important relationships.	○	○	○	○	○
11	I have opportunities to socialise and stay connected with others.	○	○	○	○	○
12	The people close to me understand and support my shiftwork.	○	○	○	○	○

4. MY LIFE - Balance, enjoyment and purpose

	Statement	1	2	3	4	5
13	I have enough time for activities I enjoy.	○	○	○	○	○
14	I can pursue interests, hobbies or personal goals outside work.	○	○	○	○	○
15	I have enough time to relax and recharge.	○	○	○	○	○
16	My life feels balanced between work, sleep and everything else that matters to me.	○	○	○	○	○

5. MY WORK - Safety, fatigue and recovery

	Statement	1	2	3	4	5
17	I feel alert enough to work safely during my shifts.	○	○	○	○	○
18	My roster gives me enough recover between shifts.	○	○	○	○	○
19	I can recognise and manage fatigue at work.	○	○	○	○	○
20	I can get home safely after a shift, including after night shift.	○	○	○	○	○

MY SHIFTWORK WELLBEING SCORE
Add your 20 scores:

TOTAL: _____ / 100

Higher scores indicate greater wellbeing in the areas measured.

My Wellbeing Plan

MY SCORE

_____ / 100

MY THREE AREAS TO WORK ON

1. _____

2. _____

3. _____

MY FIRST SMALL STEP

I will:

When:

SLEEP BETTER

One thing I can do to improve my sleep:

Shiftwork Services

Training • Education • Fatigue Risk Management • Roster Reviews