

Wisdom and Wellbeing Quick Check

The Wisdom and Wellbeing team is partnering with our unit to help us be better together and to address some of the systems challenges that makes our work more challenging. The first step in addressing work challenges and our own well-being is to do a self and team assessment. The Wisdom and Wellbeing team has designed a short (5-10 minutes) anonymous assessment that will provide both individual and team feedback. Specifically, you will have your personal stress score at the end of the assessment.

https://virginia.az1.qualtrics.com/jfe/form/SV_8lnFncpm0MHjdEa



The Wisdom and Wellbeing Quick Check has 4 sections starting with an introduction that details data safe guards and the ability to opt-in or opt-out of the Quick Check.

1. Role and Unit/Team. No other demographic or identifying information is collected.
2. Individual Assessment. The 10 item Mini-Z measures individual level of work stress. Your personal score of this scale will be provided to you at the end of the Quick Check
3. Team and Work Environment Assessment. There are 12 items about the unit or team experience
4. Stress thermometer. There are two stress continuum thermometers; one for self and one for the team. There are two optional items where you can choose to identify major challenges or successes.

When you finish the Quick check you will be provided the results of the Mini-Z score with some guidance for interpretation and possible actions. You are the only one who will see your score and when you close the page/browser it will not be retrievable.

If you have questions or concerns about the Wisdom and Wellbeing Quick Check please contact Professor Westphal at Richard.Westphal@virginia.edu.