

What does my Index score mean?

Understanding Your Resilience

Stress: it's something we all experience, and to an extent, it's unavoidable. The good news is that a wealth of scientific evidence shows that how we respond to it is a critical factor that shapes our health, work experiences, and relationships. That's where the WONE Index comes in.

This isn't just a score. It's a reflection of your current capacity and how you meet life's challenges, including how you can recover, adapt, and grow stronger in the face of stress. And it's grounded in the best stress science to date.

At its heart, the WONE Index is here to support resilience—your capacity to respond to stress in ways that are skillful, steady, and self-supporting. It's about tuning into your nervous system, your habits, your mindset, and recognizing what helps you feel most like yourself again.

It exists because resilience isn't fixed. It's a practice. And with the right insights and actions, we can build it.

What It Measures

The Index draws on decades of research in health psychology and the science of stress psychology and physiology. It maps your resilience across seven core domains—each made up of themes that scientific evidence has shown are the most influential in how we experience, respond to, and recover from stress.

Mind

This domain represents your inner foundation—how you think, feel, and adapt under pressure. Your mental patterns shape not just how stress feels, but how your body responds to it.

- **Emotional Awareness & Regulation:** Can you recognize your emotions as they arise and work with them skillfully? When stress hits, do you have ways to steady yourself, or do emotions overwhelm you? The capacity to name, understand, and regulate what you feel is one of the most powerful tools for resilience.
- **Coping & Mindset:** When challenges arrive, how do you meet them? Do you bounce back from setbacks, adapt to change, and believe in your ability to navigate difficulty? Your coping strategies and mindset—whether you see stress as something that breaks you down or helps you grow—directly influence how you handle and recover from stress.
- **Purpose & Gratitude:** Do your days feel guided by something meaningful? Even in hard times, a sense of purpose and moments of appreciation can anchor you. These aren't luxuries; they're stabilizing forces that help you stay oriented when everything else feels uncertain.
- **Negative Thinking Loops:** Do you find yourself dwelling on what went wrong in the past, or worrying about what might go wrong in the future? Your mind is wired to notice threats and learn from past events. But when rumination and worry become habitual, they keep your stress response active long after the moment has passed. Recognizing these patterns is the first step toward shifting them.

Social

Resilience grows in relationships. Every moment of genuine connection calms your body's stress response and strengthens your capacity to recover. This domain looks at the relationships that hold you, and how you show up for others in return.

- **Support:** Do you have people you can turn to when life gets hard? A trusted support system isn't about having many people—it's about having the right people. Those who listen, care, and help you feel less alone make all the difference in how you weather stress.
- **Connection:** Do you feel like you belong—like there are people who truly see and understand you? The quality of your connections matters more than the quantity. Deep relationships where you can share your authentic self, including your struggles, create a foundation of safety that buffers stress.
- **Compassion & Contribution:** How do you relate to others' experiences, and do you feel like you're making a positive difference? Acts of kindness and consideration for others create an upward spiral—they strengthen social bonds while also giving you a sense of meaning and agency, even in difficult times.

Sleep

Rest is more than a break; it's how your body rebuilds its capacity to face the day. Sleep is where stress gets processed, memories consolidate, and your nervous system resets. This domain reflects how well your system is able to restore itself overnight.

- **Sleep Quality:** Is your sleep truly restorative? Do you wake feeling refreshed, or like you never really rested? Quality matters as much as quantity—your brain and body need deep, uninterrupted sleep to recover from the day's demands.
- **Sleep Duration:** Are you getting enough hours of sleep consistently? Most adults need 7-9 hours, but many get far less. Chronic sleep deprivation compounds stress and undermines every other aspect of resilience.
- **Sleep Efficiency:** How easily do you fall asleep, and do you stay asleep through the night? Struggles with falling asleep or frequent wake-ups fragment your rest and prevent your body from completing the restorative cycles it needs.
- **Energy:** Even after a full night's rest, do you feel drained or fatigued during the day? Persistent tiredness can signal that your sleep isn't doing its job—or that stress is depleting you faster than rest can replenish you.

If you've connected a wearable, your sleep score combines your reflections with objective data from your device. We take into account your deep and REM sleep, total duration, sleep efficiency, and sleep schedule consistency to give you a fuller picture of how well your sleep is helping you recover and prepare for the day ahead.

Movement

Moving regularly helps with mood, emotion regulation, and expending pent up stress hormones. It's also a wonderful way to train your brain and nervous system to handle stress more effectively; physical activity is an intentional stressor that, when done well, builds your capacity to adapt and recover from all kinds of pressure.

- **Active Minutes:** Are you moving your body regularly, especially with moderate or vigorous activity? Even short bursts of movement—brisk walking, running, swimming—signal to your body that it's capable and strong. Consistent activity enhances mood, sharpens focus, and helps your nervous system stay flexible under stress.

If you've connected a wearable, your movement score incorporates objective data on how much you're moving, how often, and how consistent your routine is over time. The goal isn't perfection or extreme fitness; it's sustainable movement that supports wellbeing and resilience.

Nutrition

What you eat feeds your capacity to manage stress—or quietly undermines it. Your brain and body need steady, nourishing fuel to function well under pressure.

- **Food:** Are you eating in a way that truly fuels you? A balanced diet with fruits, vegetables, protein, whole grains, and healthy fats gives your body what it needs to regulate stress hormones and maintain stable energy. Diets high in ultra-processed or sugary foods can interfere with mood, focus, and your body's ability to recover.
- **Alcohol:** Is your alcohol intake at a level that may be affecting your stress resilience? While an occasional drink can help you unwind, regular drinking primes your brain for anxiety and lowers your body's capacity to recover from stress. Alcohol disrupts sleep quality and can create a cycle where stress and drinking reinforce each other.
- **Caffeine:** How much do you rely on caffeine to get through the day? While moderate caffeine use can enhance focus, over-reliance or high intake—especially later in the day—can interfere with sleep and keep your nervous system in a heightened state, making it harder to wind down and recover.

Work Stress

Work can be a source of meaning and growth, but it can also be a significant source of pressure. This domain reflects the weight that work-related demands are placing on your system right now.

- **Work Stress:** How often do you feel stressed, anxious, or overwhelmed at work? These feelings signal that your workload, responsibilities, or environment may be stretching you beyond your current capacity. When work stress is chronic, it doesn't just affect your job—it spills into every other part of your life.
- **Burnout:** Burnout represents a deeper state of depletion beyond everyday work stress. Burnout isn't just about working too hard—it's about working in ways that feel unsustainable, meaningless,

or at odds with your values. Recognizing when burnout is creeping up allows you to respond quickly and get back to the kind of work that feels engaging and meaningful.

Personal Stress

Life outside of work carries its own demands—relationships, responsibilities, finances, health, and the weight of current events. This domain captures the pressures that occupy your capacity to handle additional challenges.

- **Personal Stress:** How often do you feel stressed, anxious, or overwhelmed in your personal life—at home, in your relationships, or in other areas outside of work? Personal stress can be just as consuming as work stress, and often the two compound each other.
- **Societal, Political, and Economic Stress:** Beyond your immediate personal circumstances, are you affected by larger forces—current events, political instability, economic uncertainty, or social challenges? These stressors can feel abstract, but they often create a background hum of anxiety that shapes how safe and stable the world feels. We recognize that these pressures are real and can weigh heavily, even when they're not always visible.

Each of these themes offers a lens into your stress response—and your capacity to recover.

How It Works

Your Index score reflects both your self-reported experience and—if you choose to connect your wearable device—biometric signals like heart rate variability. Together, they form a picture of your resilience that is both psychological and physiological.

You can take the Index every 30 days—not to judge, but to notice trends, track changes, and receive personalised recommendations that meet you where you are and adapt to what you need most.

What Your Score Means

Each pillar receives a score, and your overall Index score sits within a resilience band

There is no “good” or “bad” score. Lower scores are not flaws. They’re invitations that point to areas where care, attention, and small shifts might make a meaningful difference.

Stress isn’t the enemy—chronic, unaddressed stress that keeps you from your full potential is. And the Index helps you work with it rather than against it.

What Happens Next

Every time you take the Index, we use your results like a compass to update your personalised recommendations—from short, grounding “Micro Moments” to deeper skill-building interventions.

These tools are recommended to you based on areas you need the most assistance and are meant to help you build inner resources, day by day.

We also encourage you to reflect on your answers and results as a way to tune in and ask: *What questions sparked a desire for more? What aligned with my values? What do I need or want that is perhaps missing?*

A Note on Control

Most of the questions in The Index are parts of your life you may have some agency over. But we know that not everything is within your control. Many people face systemic hardship, personal loss, or collective stress.

We recognise and honor that. The Index is meant to focus on what can be shifted—not to deny what's hard, but to empower you in meeting it.

A Quick Note on Privacy

Your privacy is our priority. Your data is private, personal and protected.

Your individual scores will never be shared with your employer or anyone else. We may share anonymised, group-level insights (such as overall wellbeing trends across a company or region) to help improve your company's wellbeing strategy. We never report data that is personally identifiable. WONE is designed to support your wellbeing, not report your individual behavior.

Still have questions? Visit our Privacy Policy or email support@walkingonearth.com.

Let this be a beginning. One of many small, intentional steps toward living—and working—with more ease, energy, and resilience. 🌱