

### **Welcome to BeWell8D**

BeWell8D is designed to help incorporate wellness into your personal recovery journey. Wellness can increase quality and years of life through the pursuit of optimal emotional, mental, and physical health.

Take a Tour





### **Welcome to BeWell8D**

Wellness is not the absence of disease, illness, or stress. It includes:

- · Realizing our abilities
- Coping with life's stressors
- Contributing to community
- Working productively
- Healthy and satisfying social interactions

Take a Tour





### **Welcome to BeWell8D**

BeWell8D is a tool that provides opportunities for enhancing your well-being by allowing you to set and track your wellness goals based on the Substance Abuse and Mental Services Administration's (SAMHSA's) Eight Dimensions of Wellness.

Take a Tour



BeWell8D provides opportunities for enhancing your well-being. BeWell8D allows you to: Set and track wellness goals

- Complete wellness activities
- Access helpful resources
- Stay motivated with motivational messaging

Set Your Goals

Then, set your wellness goals! The Eight Dimentions of Wellness are:

Dimension(s) you hope to improve in your life.

Setting goals is simple: First, identify the

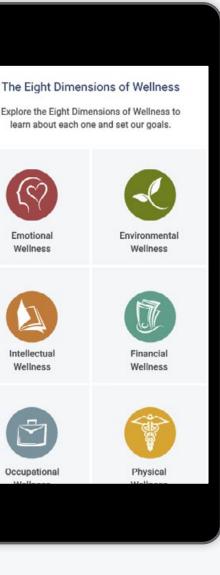
#### Financial Intellectual

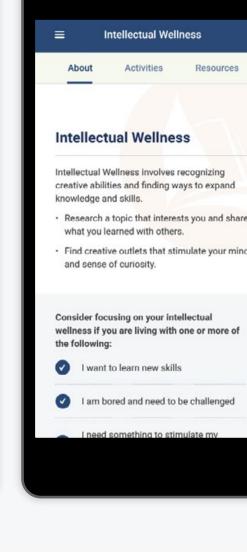
**Emotional** 

- Occupational
- Social
- Physical

Environmental

- Spiritual





### goals. Whether it's a 5-minute task or ongoing

**Activities** 

practice, there's something for everyone! BeWell8D has different types of activities: **Think** Write

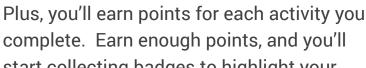
After you choose the Dimensions of Wellness you'd like to focus on, BeWell8D will give you

suggested activities to reach your wellness



Interact





start collecting badges to highlight your achievements!

and achieve your goals!

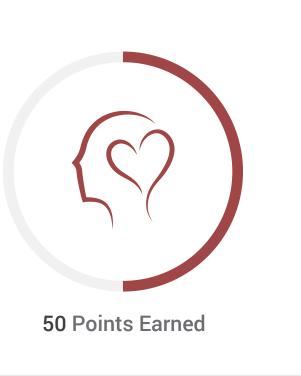


Resources When you're looking for more, check out the resources available for each Dimension of

Wellness that can provide you with tips and

tools outside of BeWell8D to continue to learn





on top of your goals!

**Track Your Progress** 

BeWell8D tracks your achievements so you

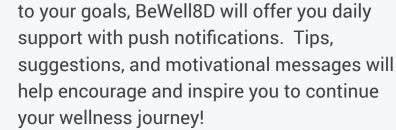
earn points for completing activities and badges for gaining different point levels.

can see your progress within the Dimensions of Wellness you're working to improve. You'll

Looking at My Achievements will help you stay

**Receive Messages** 

Once you add any Dimension of Wellness









### Login

To begin using BeWell8D to support your recovery, please log in to your account. Once you login, you can access the features of the app, and start your wellness journey!

Username	
Password	
Password	

Username

You are accessing a mobile application provided by an agency of the U.S. Government. System usage may be monitored, recorded, and subject to audit. Unauthorized use of the system is prohibited and subject to criminal and civil penalties. Use of the system indicates consent to monitoring and recording.

Login

**Reset Password** 

**Create New Account** 

#### **New Account**

To begin using BeWell8D to support your recovery, please create a free BeWell8D account. Once you create your account, you can access the features of the app, and start your wellness journey!

Username

Enter Username	
Spaces are allowed; punctuation is not allowed except for periods, hyphens, apostrophes, and underscores.	
Email	
Enter e-mail address	
Confirm Email	
Confirm e-mail address	
Password	
Enter a password	
Confirm Password	
Confirm password	

To access BeWell8D, all users are required to read and accept SAMHSA's Rules of Behavior for Use of HHS Information Resources (Rules). Please read the Rules here and select the checkbox below for "I agree." Hitting submit will act as your digital acknowledgement of having read and agreeing to adhere to the Rules. You will be asked to confirm acknowledgement once per year.

I Agree

Cancel

**Submit** 

<u>Sign In</u>

Already have an account?

### **Eight Dimensions of Wellness**

About

**Learn More** 

# **About the Eight Dimensions of Wellness**

Congratulations! You just took the first step toward improving your wellness with BeWell8D. Now, let's learn about the Eight Dimensions of Wellness and set your goals!

After you set your goals, you can access related activities and resources under My Wellness Goals. Remember to monitor your progress as you perform activities under My Achievements! BeWell8D will send you messages to help you stay on track towards your goals!







### The Eight Dimensions of Wellness

Explore the Eight Dimensions of Wellness to learn about each one and set our goals.



Emotional Wellness



Wellness















Spiritual Wellness



**About** 

**Learn More** 

### **Learn More About the Eight Dimensions of Wellness**

Making the Eight Dimensions of Wellness part of daily life can improve mental and physical health for people with mental and/or substance use disorders. Visit SAMHSA's Wellness Initiative online at samhsa.gov for more information.







### The Eight Dimensions of Wellness

Explore the Eight Dimensions of Wellness to learn about each one and set our goals.

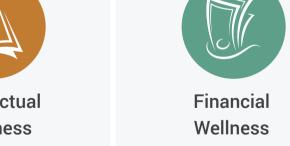


**Emotional** Wellness

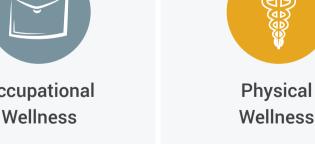


Wellness











Social

Wellness





About

**Activities** 

Resources

### About Emotional Wellness

Emotional Wellness involves coping effectively with life and creating satisfying relationships.

- Be aware of and listen to your feelings.
- Express your feelings to people you trust.

Consider focusing on your emotional wellness if you identify with one or more of the following:

- I want to feel better about myself
- I want to more effectively cope with stress
- I want to make more time for hobbies
- I want to be better at expressing my

feelings

I want to be able to forgive more often

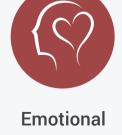
I want to feel like I have more control over my life

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

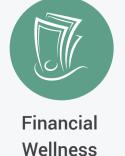
The Eight Dimensions of Wellness

learn about each one and set our goals.









### **Environmental Wellness**

About

**Activities** 

Resources

### About Environmental Wellness

Environmental Wellness involves good health by occupying pleasant, stimulating environments that support well-being.

- Appreciate nature and the beauty that surrounds you.
- Seek out music and other experiences that have a calming effect on your well-being.

Consider focusing on your environmental wellness if you agree with one or more of the following:

- I want to clean/organize my living space more regularly
- I want to spend more time in sunlight or fresh air

I want to set aside more time to enjoy

nature

I want to spend more time quietly

reflecting

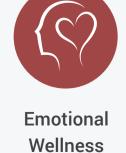
I want to be involved with neighborhood activities

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

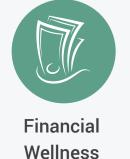
The Eight Dimensions of Wellness

learn about each one and set our goals.









### **Financial Wellness**

**About** 

**Activities** 

Resources

### **About Financial Wellness**

Financial Wellness involves satisfaction with current and future financial situations.

- Be thoughtful and creative about your budgeting and spending.
- As needed, meet with financial professionals who provide free or low-cost services for guidance.

Consider focusing on your financial wellness if you identify with one or more of the following:

I want to feel better about my financial situation

I want to more comfortably manage

I want to stress less about money

- within my budget
- I want to make better spending

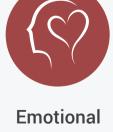
decisions

I want to feel like I have more control over my finances

Add to My Wellness Goals

### The Eight Dimensions of Wellness Explore the Eight Dimensions of Wellness to

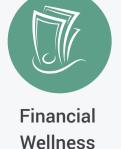
learn about each one and set our goals.



Wellness









### Intellectual Wellness

About

**Activities** 

Resources

### **About Intellectual Wellness**

Intellectual Wellness involves recognizing creative abilities and finding ways to expand knowledge and skills.

- Research a topic that interests you and share what you learned with others.
- Find creative outlets that stimulate your mind and sense of curiosity.

**Consider focusing on your intellectual** wellness if you agree with one or more of the following:

I want to spend more time on

- stimulating mental activities
- of skills, like cooking

I want to spend more time reading

books, magazines, or newspapers

I want to improve a specific skill or set

I want to seek new information that can

help in my recovery

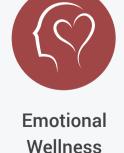
I want to be more aware of current affairs and events

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

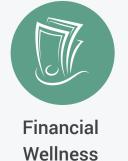
The Eight Dimensions of Wellness

learn about each one and set our goals.









### **Occupational Wellness**

**About** 

**Activities** 

Resources

### **About Occupational Wellness**

Occupational Wellness involves personal satisfaction and enrichment derived through one's work.

- Work toward a career in a field you are passionate about or a volunteer activity that has meaning for you.
- Communicate with your supervisor regularly and get support when needed.

Consider focusing on your occupational wellness if you identify with one or more of the following:

- I want to feel more productive at work
- at work

I want to make better use of my talents

- for career change

I want to feel better about how I spend

I want to learn more about my options

- my time

I want to volunteer in my community

- I want more balance between my work
- life and personal life

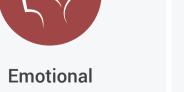
Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

The Eight Dimensions of Wellness

learn about each one and set our goals.











### **Physical Wellness**

About

**Activities** 

Resources

### About Physical Wellness

Physical Wellness involves recognizing the need for physical activity, diet, sleep, and nutrition.

- Take the stairs instead of the elevator; replace driving with walking or bicycling when possible.
- Get enough sleep—your body needs it to rejuvenate and stay well!

Consider focusing on your physical wellness if you are living with one or more of the following:

- V
- I want to do more physical activity and exercise
- V
- vegetables, and whole grains

for my age and height

I want to eat more fresh fruits,

- annual visits to the doctor

I want to maintain a reasonable weight

I want to be more responsible about

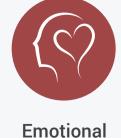
- .....
- I want to feel calmer and more relaxed

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

The Eight Dimensions of Wellness

learn about each one and set our goals.









### Social Wellness

**About** 

**Activities** 

Resources

### **About Social Wellness**

Social Wellness involves developing a sense of connection, belonging, a well-developed support system.

- Make at least one social connection per day by calling, e-mailing, or visiting someone.
- Get active in a support group.

Consider focusing on your social wellness if you agree with one or more of the following:

I want to give time to community

- projects
- often

I want to be a better communicator

I want a stronger support system

When I can, I want to help others more

- I want to stay in touch with my friends and family
- people

I want to spend more time with positive

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

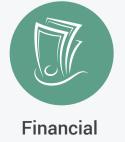
The Eight Dimensions of Wellness

learn about each one and set our goals.











About

**Activities** 

Resources

### About Spiritual Wellness

Spiritual Wellness involves expanding our sense of purpose and meaning in life.

- Make time for practices that enhance your sense of connection to self, nature, and others.
- Take time to discover what values, principles, and beliefs are most important to you.

Consider focusing on your spiritual wellness if you identify with one or more of the following:

I want to feel more positively about life

I want to spend more time in quiet

- reflection each day
- values

I want to better understand my personal

I want to experience more gratitude and

I want to learn more about other

I want to be more aware of my own

values and beliefs

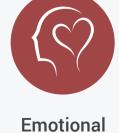
people's beliefs

Add to My Wellness Goals

### Explore the Eight Dimensions of Wellness to

The Eight Dimensions of Wellness

learn about each one and set our goals.













# You Are Making Progress!

Now that you set a wellness goal, you have access to all of the related activities and resources under My Wellness Goals. You can go check those out now, or stay here and continue exploring the Eight Dimensions of Wellness to set more wellness goals.

Go to My Wellness Goals

### The Eight Dimensions of Wellness

Explore the Eight Dimensions of Wellness to learn about each one and set our goals.



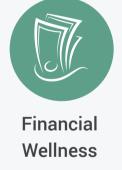
Wellness



Wellness





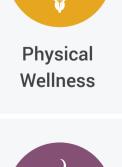








Social Wellness



**Spiritual** 





Edit

Perform activities and access resources to achieve your wellness goals.



**Physical Wellness** 25 Activities 10 Resources



**Emotional Wellness** 30 Activities 15 Resources



All Activities and Resources 55 Activities 25 Resources





Save

# Perform activities and access resources to achieve your wellness goals.



### Physical Wellness 25 Activities 10 Resources





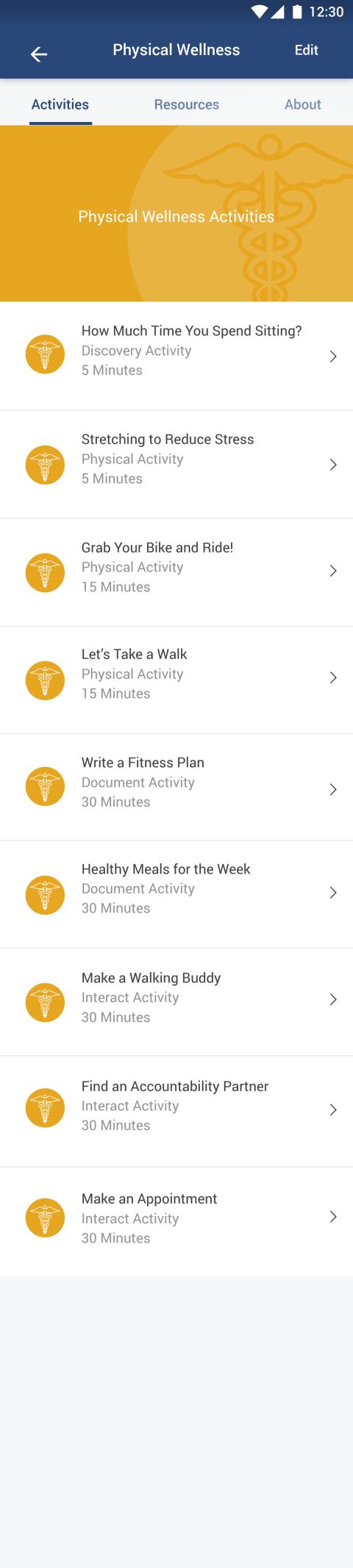
### Emotional Wellness 30 Activities 15 Resources

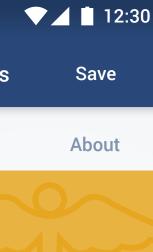




### All Activities and Resources 55 Activities 25 Resources









## - Physical Wellness



## Resources





How Much Time You Spend Sitting? Discovery Activity 5 Minutes

Physical Activity

**Physical Activity** 

15 Minutes

5 Minutes



90

HIDE



Grab Your Bike and Ride!

Stretching to Reduce Stress



Let's Take a Walk
Physical Activity
15 Minutes





Document Activity
30 Minutes

**Document Activity** 

30 Minutes

Healthy Meals for the Week

Write a Fitness Plan





Make a Walking Buddy Interact Activity 30 Minutes



HIDE



Find an Accountability Partner Interact Activity 30 Minutes





Make an Appointment Interact Activity 30 Minutes

SHOW



### Stretching for Stress Relief

### **Stretching for Stress Relief**

Stretching can be a great way to reduce stress. Take a couple minutes to stretch and loosen your shoulders.



2

2-10 Minutes



Physical

### **Instructions**

Hold each stretch and count to eight.

- Reach your arms above your head
- your palms facing the floor.

Reach your arms out to your sides, with

Reach your arms behind you, and try to 3 clasp your hands, if you can.

Roll your shoulders backwards and

forwards.

**Hide This Activity** 

I Performed This Activity



### You Are Making Moves!

Today you've earned 25 points towards your Physical Wellness goal.

### You've gained badges!



**Healthy Start** Physical Health 100 Points Earned



**Healthy Start** Physical Health 100 Points Earned

Go to My Achievements

Go to My Wellness Goals









Creating a Healthier Life

SAMHASA

**Protocols** 

SAMHASA

SAMHASA

Million Hearts

Wellness Strategies

What is Wellness?

>

>

 $\rangle$ 

### **SAMHSA Shared Decision Making**

Shared decision making (SDM) is an emerging best practice in health care and mental health services. It pairs a style of communication and decision making tools to help balance clinical information about mental health conditions and treatment options with an individual's preferences, goals, and cultural values and beliefs. Access worksheets, tip sheets, and more.your shoulders.

### View Resource







### My Achievements

Progress

**Badges** 

### **Emotional Wellness**



**30** Points Earned

### 3 of 10 Activities Completed

### **Environmental Wellness**



10 Points Earned

Activities Completed

2 of 15

**Financial Wellness** 



7 of 17

**Activities Completed** 





### My Achievements

Progress

**Badges** 

### **Physical Wellness**



Healthy Start 100 Points Earned

### **Financial Wellness**



100 Points Earned

Wellness Streak



100 Points Earned

100 Club

100 Club



100 Points Earned

### **Crisis Lines**

# Call 911

If You Are in Immediate Danger

### Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and

SAMHSA's National Helpline

confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

1-800-662-HELP (4357)

National Suicide Prevention

SAMHSA's National Helpline

### Anyone who is depressed, despairing, going through a hard time, or just needs

to talk, including people who are thinking about suicide, can use the National Suicide Prevention Lifeline, available 24/7.

1-800-273- TALK (8255)

National Suicide Prevention Lifeline

Mental health is an essential part of wellness.

Lifeline Crisis Chat

Additional Crisis Lines

### to text with a trained Crisis Counselor. If your

**Crisis Text Line** 

or Verizon, texts to the short code, 741741 are free of charge.

<a href="http://www.crisistextline.org/">http://www.crisistextline.org/</a>

Send a text to 741741

symptoms are common reactions after any natural or human-caused disaster. Call this

crisis center for information, support, and

toll-free number to be connected to the nearest

Crisis Text Line is free, 24/7 support for those

cell phone plan is with AT&T, T-Mobile, Sprint,

in crisis. Text 741741 from anywhere in the USA

Stress, anxiety, and other depression-like

**Disaster Distress Helpline** 

counseling.

1-800-985-5990

SAMHSA Disaster Distress Helpline

National Call Center for Homeless Veterans

others in the community.

1-877-4AID VET (877-424-3838)

# National Domestic Violence Hotline

confidential and free of cost, the National

Operating around the clock, seven days a week,

The hotline is intended to assist homeless

Veterans and their families, VA Medical

Centers, federal, state and local partners,

community agencies, service providers, and

Domestic Violence Hotline provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse.

1-800-799-SAFE (7233)

National Domestic Violence Hotline

National Domestic Violence Hotline Live Chat

Human trafficking is a form of modern-day

another person for the purpose of engaging

in commercial sex acts or soliciting labor or

services against his/her will. If you or someone you know needs help, call the National Human Trafficking Resource Center (NHTRC) toll-free

slavery. This crime occurs when a trafficker uses force, fraud or coercion to control

**National Human Trafficking** 

**Resource Center** 

1-888-373-7888

nhtrc@polarisproject.org

https://traffickingresourcecenter.org

hotline, 24 hours a day, 7 days a week.

# Opioid Treatment Program Directory

Connects veterans in crisis (and their families

Search by state to view opioid treatment

**Opioid Treatment Program Directory** 

and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

http://www.veteranscrisisline.net

<u>1-800-273-8255</u>

**Veterans Crisis Line** 

programs.

1-800-Quit-Now

### 1-800-Quit-Now is a national router number

which accepts callers from throughout the nation, seamlessly directing them to the appropriate state quitline.

1-800-Quit-Now

Expand to learn about each question.

What are "My Wellness Goals"?	•
How do I view my badges?	•
What are Activities?	•
Where can I find my Activities?	•
Do I have to perform all Activities?	•
How Do I hide an Activity?	•
How do I earn Points?	•
How do I update my E-mail Address?	•

Expand to learn about each question.

### What are "My Wellness Goals"?

Wellness Goals are the areas you hope to improve in your life. They are based on the Eight Dimensions of Wellness. Once you set a Wellness Goal, you will find the related activities and resources to help you reach your goal under "My Wellness Goals".

How do I set a Wellness Goal	•
What are Activities?	•
Where can I find my Activities?	•
Do I have to perform all Activities?	•
How Do I hide an Activity?	•
How do I earn Points?	•
How do I update my E-mail Address?	•

### Disclaimers

Thank you for visiting our SAMHSA web site and reviewing our Privacy Policy. This policy pertains to <u>SAMHSA.gov</u> and all SAMHSA funded websites. Our policy is clear.

- We do not collect personally identifiable information (PII) about you unless you choose to provide that information to us.
- Any PII you chose to provide is protected by security controls consistent with the HHS Information Security and Privacy Policy and National Institutes of Standards and Technology and Office of Management and Budget guidance.
- Non-PII information related to your visit to our website may be automatically collected and temporarily stored.
   For more information on your health

information privacy and security rights, or on the HIPAA Privacy and Security Rules, visit the HHS Office for Civil Rights. View and edit your account settings.

### **User Settings**

Username:

johnsmith

email:

johnsmith@gmail.com

# **App Settings**Push Notifications Enabled: Yes

Cancel



**App Settings** 

User Setting

### **Edit User Settings**

Username

johnsmith

Email

johnsmith@mail.com

Enter your current password to change the E-mail address or Username.

**Current Password** 

Password

To change the current user password, enter the new password in both fields.

**New Password** 

**New Password** 

**Confirm New Password** 

Confirm New Password

Save User Settings

Cancel



**User Setting** 

**App Settings** 

### **Edit App Settings**

Check this box if you would like to receive push notifications.

Receive Push Notifications

Save App Settings

Cancel