

BeWell8D



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](#)



[Let's Get Started!](#)

BeWell8D Features

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

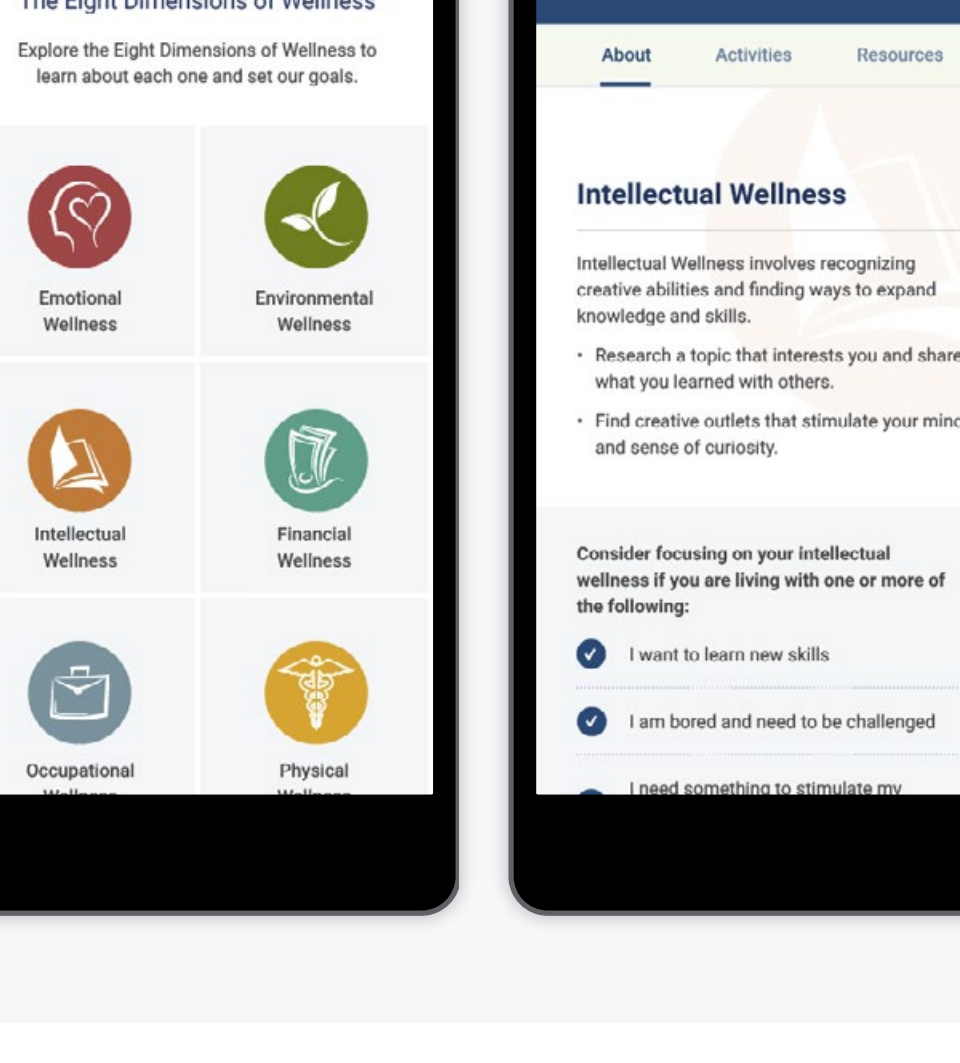
Set Your Goals

Setting goals is simple: First, identify the Dimension(s) you hope to improve in your life.

Then, set your wellness goals!

The Eight Dimensions of Wellness are:

- Emotional
- Financial
- Occupational
- Social
- Environmental
- Intellectual
- Physical
- Spiritual



Activities

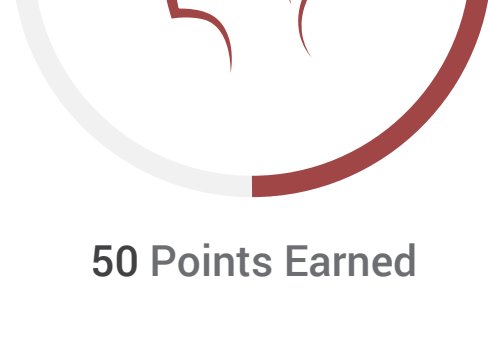
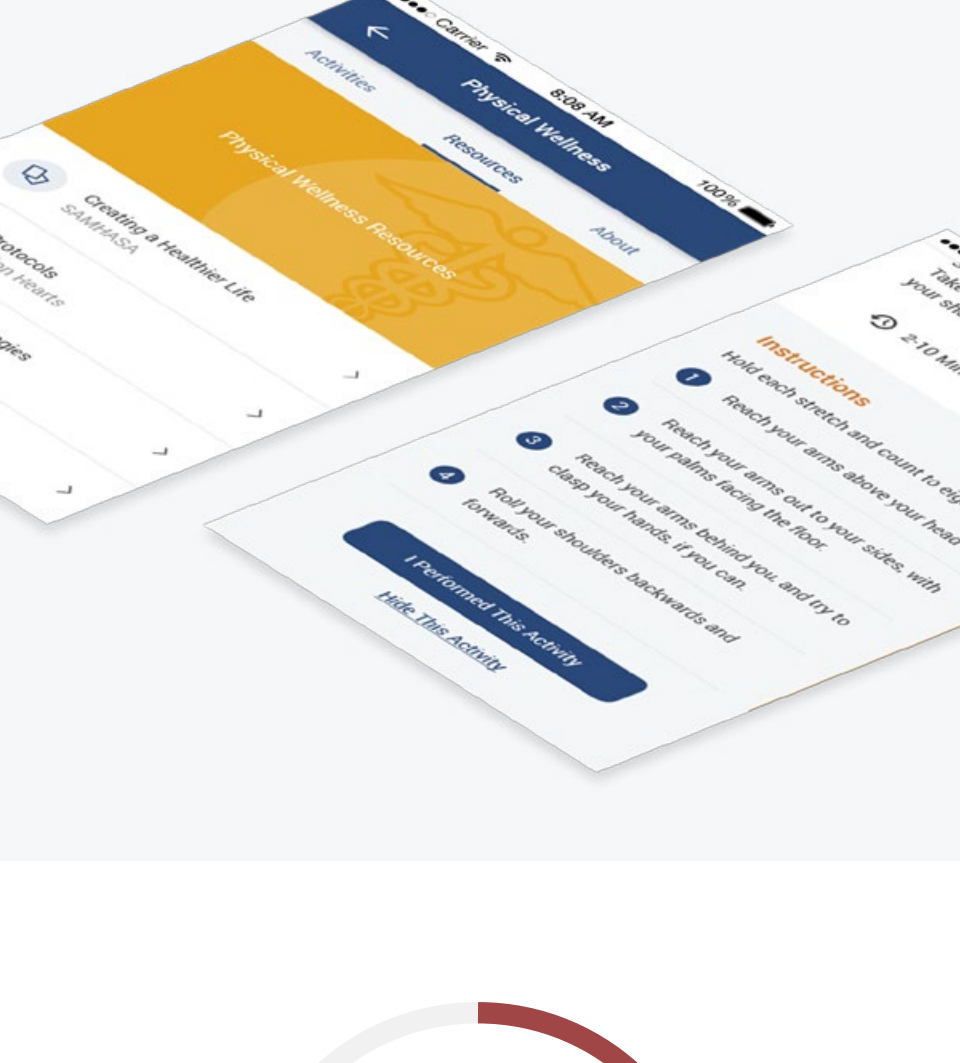
After you choose the Dimensions of Wellness you'd like to focus on, BeWell8D will give you suggested activities to reach your wellness goals. Whether it's a 5-minute task or ongoing practice, there's something for everyone! BeWell8D has different types of activities:

- Write
- Think
- Interact
- Do

Plus, you'll earn points for each activity you complete. Earn enough points, and you'll start collecting badges to highlight your achievements!

Resources

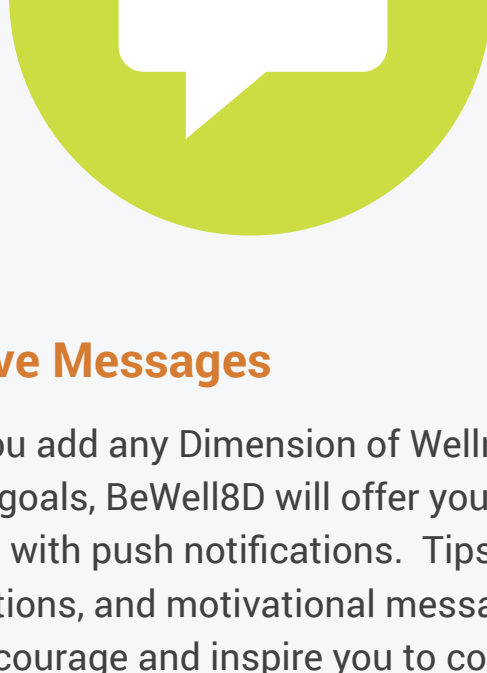
When you're looking for more, check out the resources available for each Dimension of Wellness that can provide you with tips and tools outside of BeWell8D to continue to learn and achieve your goals!



50 Points Earned

Track Your Progress

BeWell8D tracks your achievements so you can see your progress within the Dimensions of Wellness you're working to improve. You'll earn points for completing activities and badges for gaining different point levels. Looking at My Achievements will help you stay on top of your goals!



Receive Messages

Once you add any Dimension of Wellness to your goals, BeWell8D will offer you daily support with push notifications. Tips, suggestions, and motivational messages will help encourage and inspire you to continue your wellness journey!



Let's Get Started!



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



Username

Password

Password

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

Create New Account



Reset Password



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

Spaces are allowed; punctuation is not allowed except for periods, hyphens, apostrophes, and underscores.

Email

Confirm Email

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

Submit

Cancel

Already have an account?

[Sign In](#)





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



Environmental
Wellness



Intellectual
Wellness



Financial
Wellness



Occupational
Wellness



Physical
Wellness



Social
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](https://www.samhsa.gov) for more information.



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**Physical
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**Social
Wellness**



**Spiritual
Wellness**



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 able to forgive more often
- ☐ I want to be better at expressing my feelings
- ☐ I want to feel like I have more control over my life

Add to My Wellness Goals

The Eight Dimensions of Wellness

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Emotional
Wellness



Environmental
Wellness



Intellectual
Wellness



Financial
Wellness



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

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Emotional
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Environmental
Wellness



Intellectual
Wellness



Financial
Wellness



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 within my budget
- ☐ I want to stress less about money
- ☐ I want to make better spending decisions
- ☐ I want to feel like I have more control over my finances

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Intellectual
Wellness



Financial
Wellness



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
- ☒ I want to improve a specific skill or set of skills, like cooking
- ☒ I want to spend more time reading books, magazines, or newspapers
- ☐ 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](#)

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Financial
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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
- ☒ I want to make better use of my talents at work
- ☒ I want to learn more about my options for career change
- ☒ I want to feel better about how I spend 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](#)

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Emotional
Wellness



Environmental
Wellness



Intellectual



Financial



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:

- ☒ I want to do more physical activity and exercise
- ☒ I want to eat more fresh fruits, vegetables, and whole grains
- ☒ I want to be more responsible about annual visits to the doctor
- ☐ I want to maintain a reasonable weight for my age and height
- ☐ I want to feel calmer and more relaxed

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Wellness



Financial
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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
- ☒ When I can, I want to help others more often
- ☒ I want to be a better communicator
- ☒ I want a stronger support system
- ☐ I want to stay in touch with my friends and family
- ☐ I want to spend more time with positive people

[Add to My Wellness Goals](#)

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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
- ☒ I want to better understand my personal values
- ☒ I want to experience more gratitude and thanks in my life
- ☐ I want to learn more about other people's beliefs
- ☐ I want to be more aware of my own values and beliefs

[Add to My Wellness Goals](#)

The Eight Dimensions of Wellness

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Emotional
Wellness



Environmental
Wellness





CONGRATULATIONS!

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](#)



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Wellness



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Wellness



Intellectual
Wellness



Financial
Wellness



Occupational
Wellness



Physical
Wellness



Social
Wellness



Spiritual
Wellness



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



Perform activities and access resources to achieve your wellness goals.



Physical Wellness
25 Activities
10 Resources



REMOVE



Emotional Wellness
30 Activities
15 Resources



REMOVE



All Activities and Resources
55 Activities
25 Resources



REMOVE



Activities

Resources

About

Physical Wellness Activities



How Much Time You Spend Sitting?
Discovery Activity
5 Minutes



Stretching to Reduce Stress
Physical Activity
5 Minutes



Grab Your Bike and Ride!
Physical Activity
15 Minutes



Let's Take a Walk
Physical Activity
15 Minutes



Write a Fitness Plan
Document Activity
30 Minutes



Healthy Meals for the Week
Document Activity
30 Minutes



Make a Walking Buddy
Interact Activity
30 Minutes



Find an Accountability Partner
Interact Activity
30 Minutes



Make an Appointment
Interact Activity
30 Minutes





Activities

Resources

About

Physical Wellness Activities



How Much Time You Spend Sitting?
Discovery Activity
5 Minutes



Stretching to Reduce Stress
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Grab Your Bike and Ride!
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Let's Take a Walk
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Document Activity
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Healthy Meals for the Week
Document Activity
30 Minutes



Make a Walking Buddy
Interact Activity
30 Minutes



Find an Accountability Partner
Interact Activity
30 Minutes



Make an Appointment
Interact Activity
30 Minutes






Stretching for Stress Relief

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

 2-10 Minutes

 Physical

Instructions

Hold each stretch and count to eight.

- 1 Reach your arms above your head
- 2 Reach your arms out to your sides, with your palms facing the floor.
- 3 Reach your arms behind you, and try to clasp your hands, if you can.
- 4 Roll your shoulders backwards and forwards.

[I Performed This Activity](#)



[Hide 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





Activities

Resources

About

Physical Wellness Resources



Creating a Healthier Life
SAMHASA



Protocols
Million Hearts



Wellness Strategies
SAMHASA



What is Wellness?
SAMHASA



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.

[View Resource](#)





Progress

Badges

Emotional Wellness



30 Points Earned

3 of 10
Activities Completed

Environmental Wellness



10 Points Earned

2 of 15
Activities Completed

Financial Wellness



50 Points Earned

7 of 17
Activities Completed



Progress

Badges



Physical Wellness



Healthy Start
100 Points Earned

Financial Wellness



Wellness Streak
100 Points Earned



100 Club
100 Points Earned



100 Club
100 Points Earned



Eight Dimensions of Wellness



My Wellness Goals



My Achievements



My Account



How to Use This App



Disclaimers and
Acknowledgements



Lifeline



If You Are in Immediate Danger

Call 911

SAMHSA's National Helpline

Also known as, the Treatment Referral Routing Service, this Helpline provides 24-hour free and confidential treatment referral and information about mental and/or substance use disorders, prevention, and recovery in English and Spanish.

[1-800-662-HELP \(4357\)](tel:1800662HELP)



[SAMHSA's National Helpline](#)

National Suicide Prevention

Mental health is an essential part of wellness. 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 \(8255\)](tel:1800273TALK)

[National Suicide Prevention Lifeline](#)

[Lifeline Crisis Chat](#)

Additional Crisis Lines

Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text 741741 from anywhere in the USA to text with a trained Crisis Counselor. If your cell phone plan is with AT&T, T-Mobile, Sprint, or Verizon, texts to the short code, 741741 are free of charge.

<http://www.crisistextline.org/>

[Send a text to 741741](#)

Disaster Distress Helpline

Stress, anxiety, and other depression-like symptoms are common reactions after any natural or human-caused disaster. Call this toll-free number to be connected to the nearest crisis center for information, support, and counseling.

[1-800-985-5990](tel:18009855990)

[SAMHSA Disaster Distress Helpline](#)

National Call Center for Homeless Veterans

The hotline is intended to assist homeless Veterans and their families, VA Medical Centers, federal, state and local partners, community agencies, service providers, and others in the community.

[1-877-4AID VET \(877-424-3838\)](tel:18774AIDVET)

National Domestic Violence Hotline

Operating around the clock, seven days a week, confidential and free of cost, the National 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 \(7233\)](tel:1800799SAFE)

[National Domestic Violence Hotline](#)

[National Domestic Violence Hotline Live Chat](#)

National Human Trafficking Resource Center

Human trafficking is a form of modern-day slavery. This crime occurs when a trafficker uses force, fraud or coercion to control 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 hotline, 24 hours a day, 7 days a week.

[1-888-373-7888](tel:18883737888)

nhtrc@polarisproject.org

<https://traffickingresourcecenter.org>

Opioid Treatment Program Directory

Search by state to view opioid treatment programs.

[Opioid Treatment Program Directory](#)

Veterans Crisis Line

Connects veterans in crisis (and their families and friends) with qualified, caring Department of Veterans Affairs responders through a confidential, toll-free hotline, online chat, or text.

[1-800-273-8255](tel:18002738255)

<http://www.veteranscrisisline.net>

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](tel:1800QuitNow)



How to Use

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 [SAMHSA.gov](https://www.samhsa.gov) 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**



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