**The Eight Dimensions of Wellness: Central Organizing Principle**

BeWell8D is a cloud-based mobile application designed to help individuals incorporate wellness into their personal recovery journey. Wellness can increase quality and years of life through the pursuit of optimal emotional, mental, and physical health.

BeWell8D provides users with opportunities for enhancing their well-being by setting and tracking wellness goals based on the Substance Abuse and Mental Services Administration’s (SAMHSA’s) Eight Dimensions of Wellness. BeWell8D allows users to:

* Set and track wellness goals
* Complete wellness activities
* Access helpful resources
* Stay motivated with motivational messaging

The Eight Dimensions of Wellness are:

1. **Emotional**—Coping effectively with life and creating satisfying relationships
2. **Environmental**—Good health by occupying pleasant, stimulating environments that support well-being
3. **Financial**—Satisfaction with current and future financial situations
4. **Intellectual**—Recognizing creative abilities and finding ways to expand knowledge and skills
5. **Occupational**—Personal satisfaction and enrichment from one’s work
6. **Physical**—Recognizing the need for physical activity, healthy foods, and sleep
7. **Social**—Developing a sense of connection, belonging, and a well-developed support system
8. **Spiritual**—Expanding a sense of purpose and meaning in life

**My Wellness Goals**

Wellness Goals are the areas a user hopes to improve in their life. They are based on SAMHSA’s Eight Dimensions of Wellness. Once a user sets a Wellness Goal, they will have access to related activities and resources under "My Wellness Goals".

To set a Wellness Goal, a user will navigate to a Dimension they hope to improve under "Eight Dimensions of Wellness". Each Dimension will provide a short description and checklist to help them determine if it is right for them. If they feel it is area that needs improvement, they may select the “Add to Wellness Goals” button.

Once a user adds a Wellness Goal, they will have access to all of its related activities and resources under “My Wellness Goals”. Additionally, users will receive motivational messaging via push notification on their mobile device. A user may add as many Wellness Goals as they need.

***Activities -*** Once a user adds a Wellness Goal, they will have access to all of its related activities and resources under “My Wellness Goals”. There are four different types of activities:

1. Write
2. Think
3. Interact
4. Do

BeWell8D tracks a user’s progress to help them stay on top of their Wellness Goals. Users will earn points for each activity completed when they select the "I Performed This Activity" button. Once a user earns enough points, they will be awarded badges to highlight their achievements.

***Resources -*** In addition to Activities, each Dimension has a number of associated recourses to help a user achieve their wellness goals. Resources are links to websites, tips and tools outside of the mobile application.

***Messages -*** Once a user has added a Dimension of Wellness to their wellness goals, BeWell8D will offer daily support with push notifications. Tips, suggestions, and motivational messages will help encourage and inspire users to continue their wellness journey.

**My Achievements**

BeWell8D tracks user achievement so they can see their progress within the Dimensions of Wellness they are working to improve.

A user earns points for completing activities and badges for gaining different point levels. Under “My Achievements” a user is able to see what they have earned and how many Activities they have completed under each Dimension of Wellness.