# About

**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!

Let’s explore the Eight Dimensions of Wellness to learn about each one and set our goals.

# 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](http://www.samhsa.gov/wellness-initiative/eight-dimensions-wellness.) for more information.