**What are the Eight Dimensions of Wellness?**

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

**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?**

Setting a Wellness Goals is simple.

First, identify which Dimension you hope to improve in your life under "Eight Dimensions of Wellness". Each Dimension will provide a short description and checklist to help you determine if it is right for you. If you feel it is area that needs improvement, select the “Add to Wellness Goals” button.

Once you add a Wellness Goal, you will have access to all of its related activities and resources under “My Wellness Goals”. You may add as many Wellness Goals as you need.

**What are Activities?**

Once you add one or more Wellness Goals, BeWell8D will provide you with a number of related activities that will help you reach your wellness goals. Whether it’s a 5-minute task or an ongoing practice, there’s something for everyone!

There are four different types of activities:

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

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

**Where can I find my Activities?**

Once you add a Wellness Goal, you will have access to all of your related activities and resources under “My Wellness Goals”.

**How long does it take to perform an Activity?**

Time varies between each activity. Whether it’s a 5-minute task, a 30-minute exercise, or an ongoing practice, there’s something for everyone! Each Activity is clearly labeled with its estimated completion time so you can choose an activity that works for you.

**Do I have to perform all Activities?**

It's okay if you don't want to perform all Activities. If there are Activities you do not want to perform, you can even hide them from your Activity lists.

**How Do I hide an Activity?**

If there is an Activity you do not want to perform, you can hide it from your Activity list. There are two ways to hide an Activity.

1. When viewing an Activity, select the “No Thanks” button to hide the item from your Activity list.
2. When viewing a list of Activities, select “Edit” in the menu bar. Select “Hide” next to each Activity you wish to hide. When you have finished, select “Done” in the menu bar.

**How Do I restore an Activity I previously hid?**

When viewing a list of Activities, select “Edit” in the menu bar. Select “Show” next to each Activity you wish to show. When you have finished, select “Done” in the menu bar.

**What should I do when I complete an Activity?**

BeWell8D tracks your progress to help you stay on top of your Wellness Goals. Points and Badges are awarded for completing Activities.

After completing an Activity, select the "I Performed This Activity" button to record your progress!

**What are Resources?**

Resources are links to websites, tips and tools outside of BeWell8D. Resources are available for each Dimension of Wellness.

**What are “My Achievements”?**

BeWell8D tracks your progress to help you stay on top of your Wellness Goals. Points and Badges are awarded for completing Activities.

Under “My Achievements” you are able to see how many Point and Badges you have earned and how many Activities you have completed.

**How do I earn Points?**

Points help you track your achievements and stay on top of your Wellness Goals.

Points are awarded for completing Activities. After completing an Activity, select the "I Performed This Activity" button to record your progress and earn Points!

**What are Badges?**

Badges help you track your achievements and stay on top of your Wellness Goals.

Badges are earned for every achievement, such as performing Activities and earning Points.

You can find a list of the Badges you have earned under “My Achievements”.

**How do I update my E-mail Address?**

You can view and update all of your account settings under "My Account".

Select "My Account" from the main menu, then select “Edit” in the menu bar to update your User Settings:

1. Enter your current password to change your E-mail address
2. Update your E-mail address
3. Select checkbox to accept SAMHSA’s Rules of Behavior
4. Select the "Save User Settings" button to update your settings

**How do I update my password?**

You can view and update all of your account settings under "My Account".

Select "My Account" from the main menu, then select “Edit” in the menu bar to update your User Settings:

1. Enter your current password to change your Password
2. Enter and confirm your new Password
3. Select checkbox to accept SAMHSA’s Rules of Behavior
4. Select the "Save User Settings" button to update your settings