**Welcome Page (Discover the Four Dimensions):**

* Features: Introductory content, general links to all dimensions.
* Complexity: Low.
* Suggested Points: 2-3 points.

**Physical Well-being (Exercise Break):**

* Features: Sections on different physical well-being exercises (e.g., walking, yoga).
* Complexity: Medium.
* Suggested Points: 3-5 points.

**Social Skills Development (Active Listening):**

* Features: Focus on communication exercises, possibly interactive scenarios.
* Complexity: Medium.
* Suggested Points: 3-5 points.

**Mental Dimension:**

* Features: Exercises and resources related to cognitive well-being.
* Complexity: Medium, with interactive resources for cognitive development.
* Suggested Points: 3-4 points.

**Spiritual Dimension:**

* Features: Resources related to spiritual growth, reflection exercises.
* Complexity: Medium, potentially with meditation or reflection tools.
* Suggested Points: 3-4 points.

**Available Courses:**

* Features: Listing of courses with filtering and detailed views.
* Complexity: Medium.
* Suggested Points: 3-4 points.

**About Us:**

* Features: Information about the platform and team.
* Complexity: Low.
* Suggested Points: 2 points.

**Resource Library:**

* Features: Resource repository with search and filtering options.
* Complexity: Medium.
* Suggested Points: 4-5 points.

**Mindfulness & Personal Growth:**

* Features: Stress management and mindfulness exercises.
* Complexity: Medium.
* Suggested Points: 3-4 points.