



LEARN THE EIGHT DIMENSIONS OF WELLNESS

WELLNESS: CONNECTING ALL ASPECTS OF BEHAVIORAL HEALTH

Each dimension of wellness can affect overall quality of life. Through its Wellness Initiative, SAMHSA encourages individuals, organizations, and communities to work toward longer, healthier, and happier lives, particularly among people living with behavioral health conditions. The Eight Dimensions of Wellness take into account not only an individual's physical health, but all the factors that contribute to a person's overall wellness.

To learn more about the Eight Dimensions of Wellness, visit:

www.samhsa.gov/wellness-initiative



WELLNESS

Source: Adapted from Swarbrick, M. (2006). A Wellness Approach. *Psychiatric Rehabilitation Journal*, 29(4), 311-314.

