

# The Eight Dimensions of Wellness

THE JOURNEY TO WELLNESS BEGINS WITH ONE STEP



Source: Adapted from Swarbrick, M. (2006).

## Join us in building healthy communities of wellness.

Through its Wellness Initiative, SAMHSA pledges to promote wellness for people with mental health and substance use disorders by motivating individuals, organizations, and communities to take action and work toward improved quality of life, cardiovascular health, and decreased early mortality rates. Wellness connects all aspects of health.



To learn more about the Eight Dimensions of Wellness and sign the Pledge for Wellness, visit <http://www.samhsa.gov/wellness>.