



Dimensions of Health and Wellbeing Children and Young People

Dimensions of Health and Wellbeing is a free, online tool providing self-care information to support children, young people and adults in Coventry and Warwickshire.

To find support and self-care information on the following Dimensions, please go to our website dimensions.covwarkpt.nhs.uk and follow the instructions to rate a person's difficulties and produce a personalised report. There is also a short animation which explains the Dimensions of Health and Wellbeing.

Feelings and Self Control

Worrying and Anxiety	Mood and Enjoyment	Difficult Experiences - Bullying, Abuse, Traumatic Events	Managing Impulses and Urges – Anger, Tics, Self-harm	Behaviour
Problem Solving and Managing Stress	Flexibility			

Body and Health

Sensory Responses	Motor Skills and Coordination	Gender Identity	Health Conditions	Exercise
Eating	Using the Toilet	Sleep		

Thinking and Learning

Connection with Reality	Hobbies and Interests	Attending School College or Training	Learning Difficulties (including Dyslexia)	Attention and Concentration
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Relating to people

Response to Adults and Accepting Support	Connection with the Community	Relationship with Parents/Carers	Sexual and Sexualised Behaviour	Family Situation
Offending Behaviour	Social Communication	Friendships		