



Dimensions of Health and Wellbeing 2023 Adults

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. dimensions.covwarkpt.nhs.uk

Emotional Wellbeing and Mental Health

Coping with Emotions	Worrying and Anxiety	Mood	Self and Identity
Loss and Grief			

Body and Physical Wellbeing

Physical Health and Wellbeing	Sensory Responses	Motor Skills and Co-ordination	Activities of Daily Living
Eating	Sleep		

Thinking and Learning

Thinking and Memory	Transitions and Managing Change	Connection with Reality	Hobbies and Interests
Education, Training or Work			

Relationships and Connections

Social and Communication style	Relationships	Roles and Responsibilities	Supportive Environments
--------------------------------	---------------	----------------------------	-------------------------

Safety and Risk

Finances and Accommodation	Traumatic Experiences	Risk to Self	Risk to Others
Addictions			