



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	Loss and grief	Mood	Self and identity
Worrying and anxiety			

Body and Physical Wellbeing

Activities of daily living	Eating	Motor skills and co-ordination	Physical health and wellbeing
Sensory responses	Sleep		

Thinking and Learning

Education, training or work	Connection with reality	Hobbies and interests	Thinking and memory
Transitions and managing change			

Relationships and Connections

Relationships	Roles and responsibilities	Social and communication style	Supportive environments
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Safety and Risk

Addictions	Finances and accommodation	Risk to others	Risk to self
Traumatic experiences			