



Dimensions of Health and Wellbeing 2023 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. 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	Hobbies and Interests	Connection with Reality	Transitions and Managing Change
Thinking and Memory			

Relationships and Connections

Relationships	Social and Communication Style	Supportive Environments
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Safety and Risk

Addictions	Finances and Accommodation	Safety and Risk to Self or Others	Sex and Sexualised Behaviour
Traumatic Experiences			