

# SAMHSA's Wellness Initiative

encourages you to incorporate the  
Eight Dimensions of Wellness into your life<sup>2</sup>



1. Dunn, H.L. (1961). High-Level Wellness, Beatty Press: Arlington, VA.

2. Adapted from Swarbrick, M. (2006). A Wellness Approach. Psychiatric Rehabilitation Journal, 29(4), 311-314