



Dimensions of Well-Being

LiveWellSD provides a holistic approach to your well-being, including multiple dimensions of wellness that allow you to be your best. While all dimensions are important for you to live your best life, the goal is to find what works for you. Resources from each of these areas will be included in the LiveWellSD portal to inspire you to make small, achievable changes to maintain or improve your health, well-being, and quality of life.

- **Emotional** - Feeling positive about yourself, your life, and your future. Able to manage emotions and cope with the stresses of daily life.
- **Physical** – Maintaining a quality of life that allows you to get the most out of your daily activities without undue fatigue or physical stress.
- **Social** - Building and nurturing meaningful and supportive relationships with individuals, groups, and communities.
- **Financial** – Ensuring the effective management of current and future finances.
- **Intellectual** - Exercising your mind through creative mental activities, expanding your knowledge, and improving your skills.
- **Spiritual** - Living your life with purpose and ensuring that your actions are consistent with your values and core principles.
- **Occupational** - Finding satisfaction, enrichment, and meaning through work.
- **Environmental** - Leading a lifestyle that values the relationship between you, your community, and the environment.

Get started at <https://bhr.sd.gov/livewellsd/> today!