



# Dimensions of Wellness

The Dimensions of Wellness initiative is a collaborative journey to invite, enable, and release the capacity of every human being to grow their wellness. At the core of the partnership is the belief that everyone seeks well-being, and it is our responsibility to co-create the conditions, interactions, and resources such that they can realize this aspiration.

Most of us are aware of the importance of wellness practices and appreciate the importance of living a well-balanced life, yet few of us seem to maintain these wellness practices in our daily lives. Studies show that those who do are better friends, better students, better employees, and are more likely to thrive in their lives than those who do not actively pursue wellness.

In this age of innovation, many people have been waiting for a technological 'fix' to change them. Wearable technologies have shown promise for fitness, for example, but even those are limited by lack of structures to support motivation, accountability, variety, sustenance, and comradery.

Ultimately, what technology has missed so far is recognizing that **the real innovator is the human spirit, and the role of the technology is to augment and ignite the untapped potential within each of us.** With this new approach to innovation, wellness can be a pursuit that is accessible to all.

The goal of the My Lifelabs platform is to do just that. The platform, beyond a technology, is a learning and empowerment philosophy that is grounded in the belief that **each one of us is capable of, and deserves to achieve, great things.**

## Dimensions of Wellness

- Emotional
- Environmental
- Spiritual
- Financial
- Intellectual
- Occupational
- Physical
- Social

Through the My Lifelabs platform, players first connect with peer wellness stories to motivate and guide them in unlocking their own wellness goals. The platform then provides the necessary resources and enabling community such that all can achieve life wellness as they level up on each of the eight dimensions of wellness.



My Lifelabs Platform

This opportunity is open to all, and can be a transformative enhancement to any existing program or individual life.

Example implementations include:

- recovery programs interested in building up wellness capacity such that clients are less likely to pick up the first drink,
- campuses working to develop the whole student such that they are able to thrive in life, and
- companies concerned with the health and well-being of their employees as part of an employee wellness effort.

This project is a collaboration among the Center for Games and Impact, the School for the Future of Innovation in Society, and the School of Nursing and Innovation at Arizona State University. The eight dimensions of wellness were developed and researched by the Substance Abuse and Mental Health Services Administration (Samhsa.org), and adapted to the platform in collaboration with Gloop and the Center for Dependency, Addiction and Rehabilitation.

