

Check-in Scale

What is the check-in scale?

We have created this 5-point check-in scale as a resource for our Holistic Six model. This resource is designed as a self-reflection and awareness tool. Allow it to serve as a helpful guide in identifying what areas might be calling for more attention and support. It's crucial to recognise the health and well-being of each area individually, and as a whole. Disclaimer: This is a supportive tool only, and is not a substitute for professional mental health or medical care.

RATING	DESCRIPTION
0	Extremely low. This area needs a lot of attention and care immediately. I should reach out for support.
1	Under-nourished. I currently give very little attention and care to this area, I need to prioritise this area and reach out for support.
2	Bare. I give a small amount of attention and care to this area, I need to prioritise it further.
3	Fair. I provide a fair amount of attention and care to this area, but I can prioritise it further.
4	Intentional. I intentionally give a lot of energy, attention, and care to this area. I'm happy here.
5	Thriving. I am fully engaged, present, and balanced in this area. I'm very happy here.

Case Example

Case Example: Jane Doe, Female, Age 32

Mind: 4/5

- “I’m doing good in this area. Seeing my counsellor and GP fairly often and learning how my thought patterns are affecting my daily life.”

Body: 3/5

- “I’ve been eating well and attending yoga twice a week. I feel I could spend a bit more time focusing on this area like drinking more water.”

Environment: 5/5

- “I keep my physical space well-maintained, I go outside and spend time in nature daily. I am very happy with the attention and care in this area.”

Social: 2/5

- “I socialise weekly through my yoga classes, but other than that I feel quite isolated. I need to give more love to this area.”

Safety & Resources: 4/5

- “Aspects of my life like finances, healthcare, general safety and other resources are solid. I feel safe in this area.”

Inner Self: 1.5/5

- “I like going outside and doing activities I enjoy, but I feel inauthentic in many personal parts of my life. I need to give more love to this area.”

Final Notes:

- “I want to spend more time living a life authentic to who I am, spending more time with others, and focusing more on my bodily needs. It might benefit me to find a group with shared values, that way I can express more genuine parts of myself with others.”

This is a made-up example of an individual using the check-in scale to reflect on the attention and care each area has been given. It demonstrates how the individual may be feeling, and help guide potential cross-disciplinary solutions.

Reflection Tool

SUMMARY / PRESENTING CHALLENGES		
SIX AREAS	SCORE IN EACH AREA (0-5)	NOTES
Mind	/5	
Body	/5	
Environment	/5	
Social	/5	
Safety & Resources	/5	
Inner Self	/5	
FINAL NOTES		