



The Holistic Six Model

Are you giving a sufficient amount of love to each area of your life?



What is the ‘Holistic Six’ Model?

The Holistic Six is a model designed to integrate six core areas of human life, and how they come together:

Mind – Mental and emotional health, psychological well-being, cognitive functioning.

Body – Physical health, bodily needs, hygiene, movement, rest, sustenance.

Environment – Physical environment, surroundings, living conditions, nature.

Social – Social health, relationships, social connections, interpersonal support.

Safety and Resources – Financial support, healthcare, legal protections, basic safety.

Inner Self – Authenticity, purpose, meaning, values, passions, beliefs, personal philosophy, goals.

These six areas are deeply interconnected and interdependent on each other.

As an example, if an individual struggles with sleep, the issue might stem from multiple dimensions of the model. It could involve the body area, as well as the Safety & Resources area if financial stress is contributing to the problem. This makes the sleep issue a cross-disciplinary issue that requires a cross-disciplinary solution



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This highlights the importance of working across and balancing multiple areas, as changes in one area can influence overall well-being.

Given the complexities of life, a multifaceted approach is necessary for basic health and well-being, along with sufficiently prioritising each area with authentic care and compassion. This might present differently in each area, but could include:

- Meeting one's basic physical needs.
- Booking a doctor's appointment when required.
- Following a passion.

Becoming aware of the connected nature of the areas and addressing imbalances is essential for well-being. Balancing a singular area not only helps that one area, but also the others given the inherent interconnection.

How Can This Model Be Used?

We might feel a deeper pull and understanding of one or more areas deeper than the others, which is completely normal. We all have different strengths and areas for growth, the important thing is to become aware of is how these areas affect our daily living, especially when imbalanced.

There is no set way to use this model. Everyone's experiences and needs are different. As you reflect on each area, you may find it helpful to ask yourself:

“Am I giving myself a sufficient amount of love in this area?”

Love can take many forms, including consistency, prioritisation, attention, boundaries, rest, and care. There is no right or wrong answer. This question simply serves as a prompt for self-reflection.

Together, Mind, Body, Environment, Social, Safety & Resources, and Inner Self areas create a holistic framework of well-being. Showcasing that issues cannot be solved in isolation, but from working together, learning from one another.

Please visit [Our Model](#) page for self-reflection tools and resources.

Disclaimer: This model and associated resources are not substitutes for professional medical, psychological, or mental health care. They are intended as self-reflection, education, and personal support tools only. If you are experiencing significant distress, please seek support from a qualified healthcare professional or emergency services.