Body, mind and heart

The Human Blueprint

Mental health challenges are rarely the result of just one thing. The Human Blueprint shows how our physical, mental and emotional health connect, so we can identify root causes and create lasting harmony.

1

Body

Physical health: genetics, habits, environment, movement, sleep, nutrition, and the experiences our body carries.

2

Mind

Mental health: knowledge, thoughts, memory, our personal narrative, and how we process information.

3

Heart

Emotional health: emotions, values, intuition, natural talents, love languages and connection.

Love at the core

At the center of the Human Blueprint is the soul, our truest self, connected by love. We think with love, feel with love and act with love.

Support all three every day

- **Movement** for the body
- **Mental stimulation** for the mind
- **Peace and passion** for the heart

Ask yourself

- Which system is calling for my attention right now?
- Which essential need might I be overlooking?
- Where might I be out of alignment with my true self?

When one system is out of harmony, it affects the others. Small, intentional shifts in any one can lift all three.

Need help now? If you or someone you know is thinking about suicide, call or text **988** (US) or text HOME to 741741. If someone is in immediate danger, call 911.

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