

WHAT KEEPS ME HEALTHY?

Holistic health and healing require releasing what no longer serves you and creating a space that aligns with your well-being.

Healing happens holistically—on mental, emotional, physical, and spiritual levels. As holistic beings, our healing must encompass the full spectrum of our experiences and honour the interconnectedness of our being.

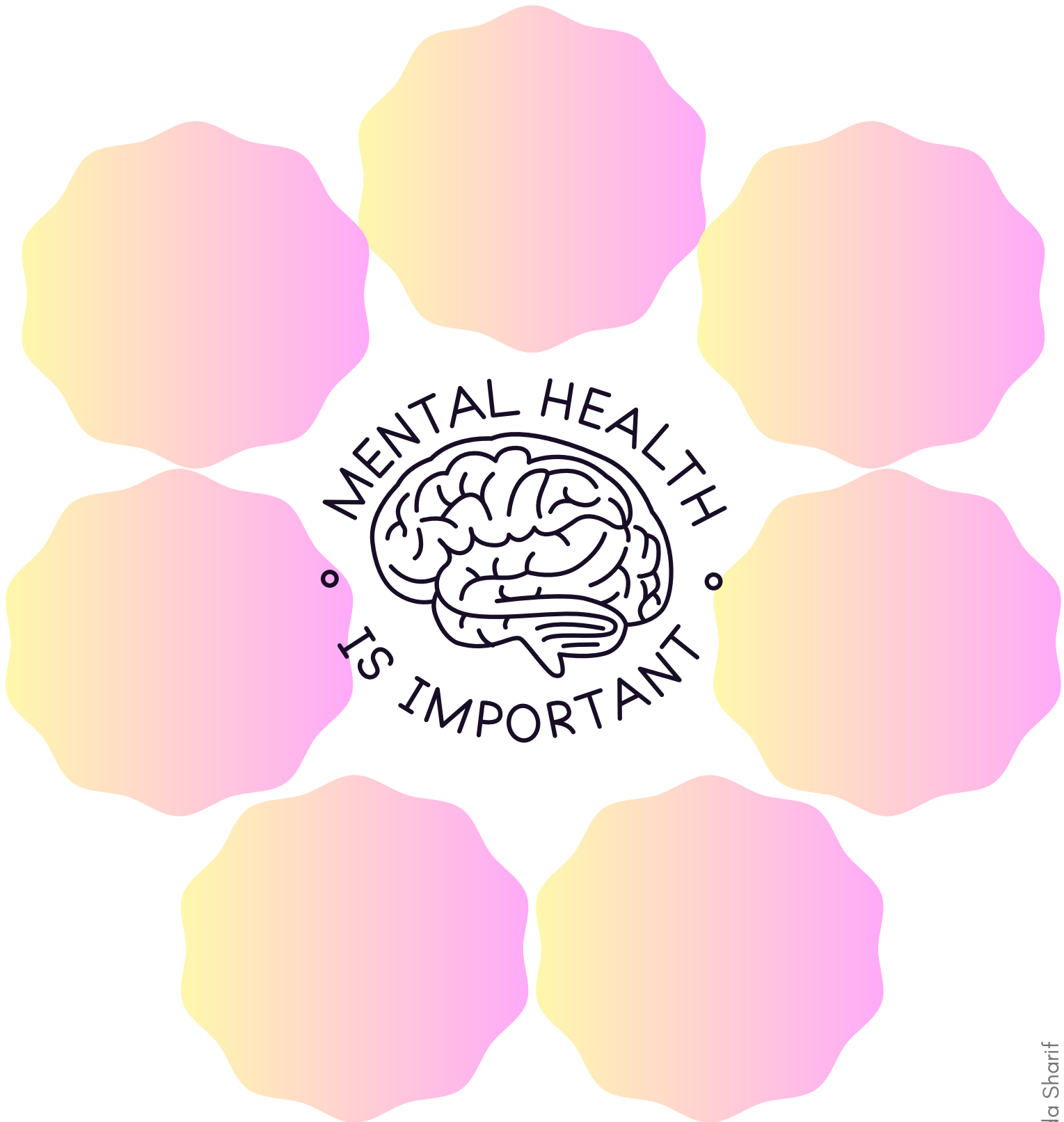
How to use these sheets:

1. Dedicate some personal time for yourself.
2. Sit in a space where you feel comfortable and safe.
3. Create a soothing atmosphere—perhaps by lighting a naturally sourced candle, burning incense, or playing calming music.
4. Begin by bringing gentle awareness to your breath. Notice the rhythm as you breathe in and out.
5. Take three long, deep breaths: inhale deeply through your nose, and exhale fully through your mouth. This will help calm your nervous system and calm your mind creating more space for clarity.
6. Once you feel grounded, reflect on the prompts below. Write down your thoughts freely. If you're enrolled in one of my programmes or therapy sessions, feel free to bring your reflections along for further discussion.

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1) MENTAL HEALTH

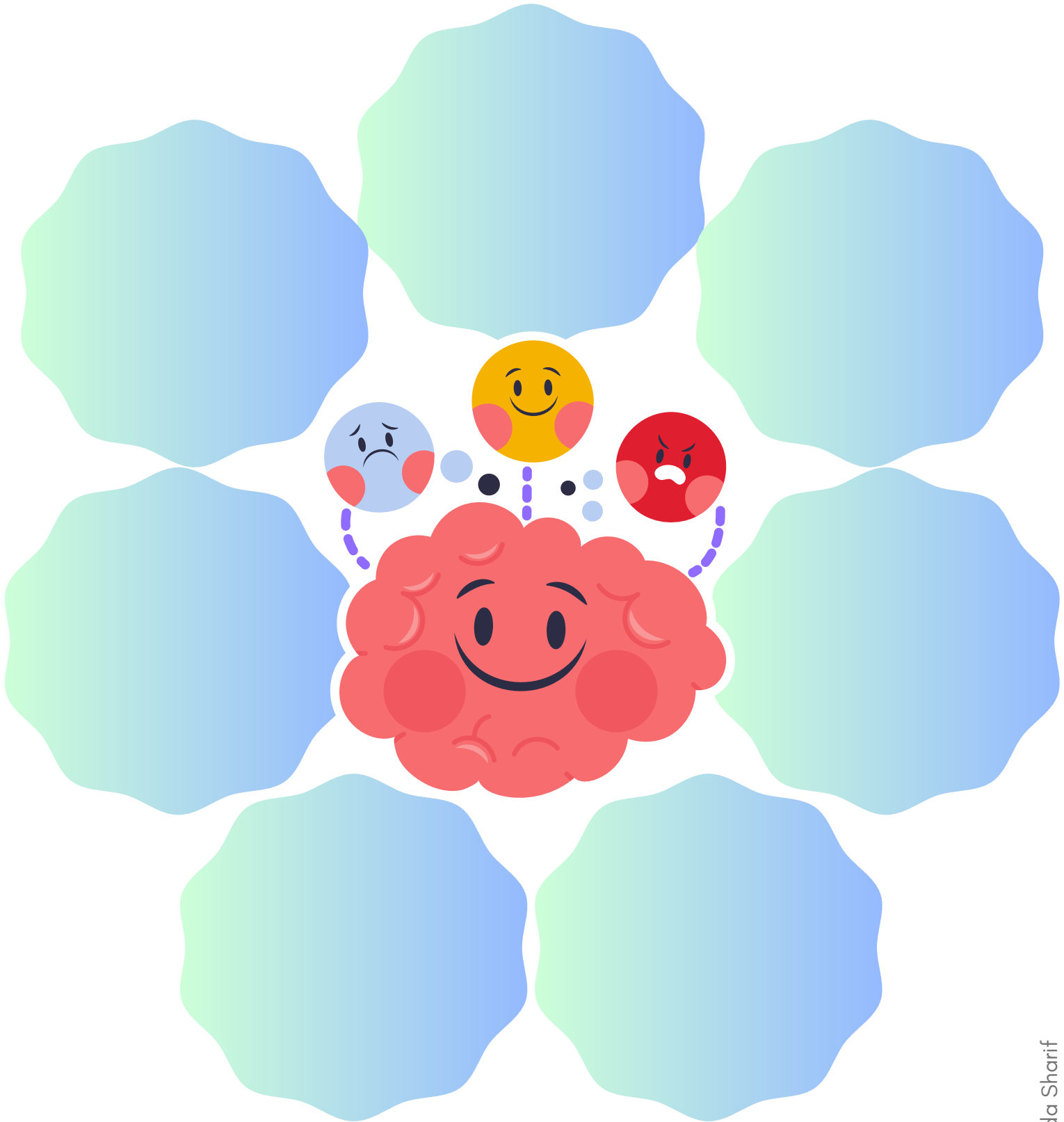
Write something that keeps you healthy in the bubbles below
(Ways to support you keep on track with your wellbeing)



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2) EMOTIONAL HEALTH

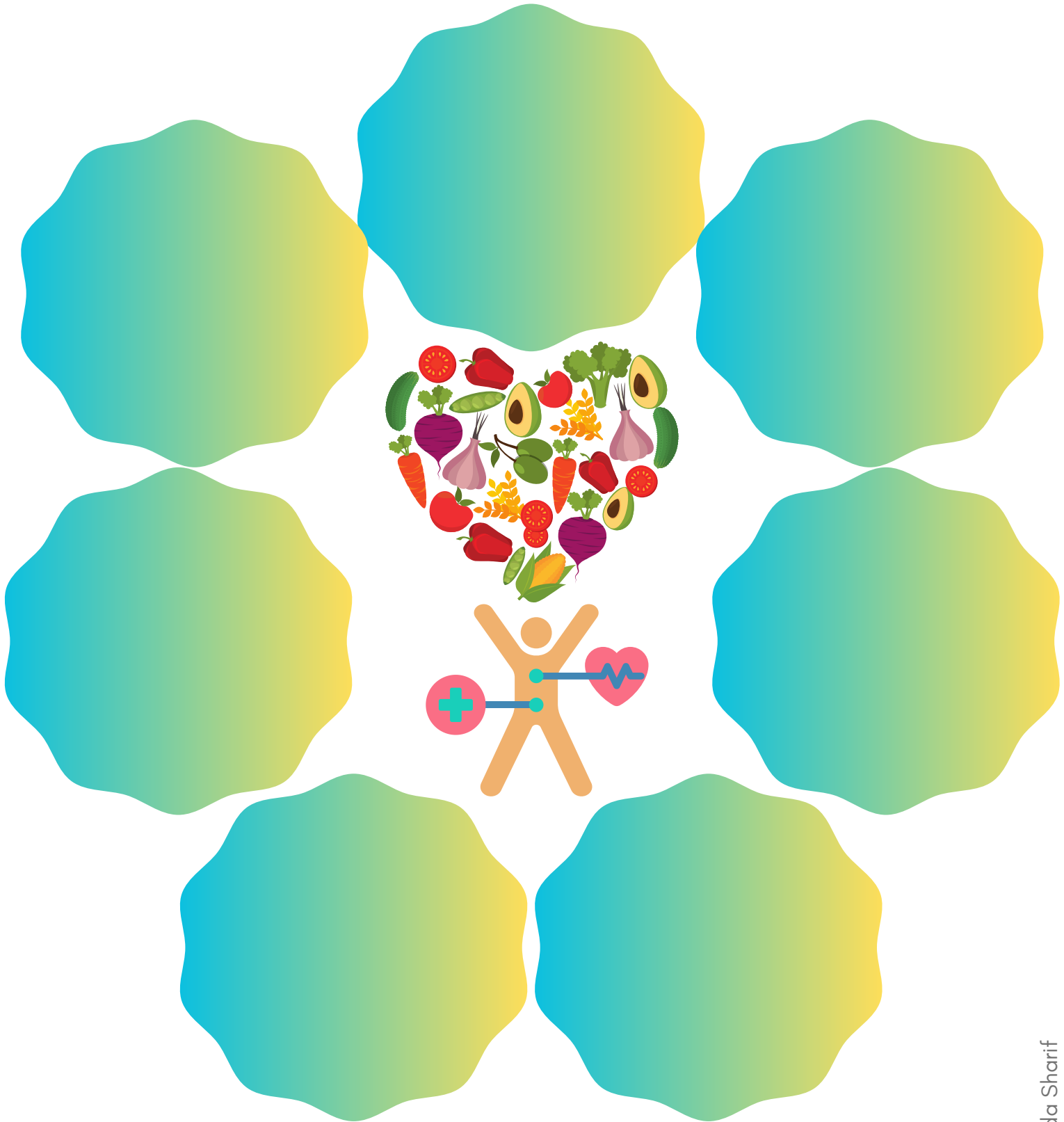
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3) PHYSICAL HEALTH

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4) SPIRITUAL HEALTH

Write something that keeps you healthy in the bubbles below
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