



PHYSICAL WELLNESS

Coming Home to Your Body

Physical wellness isn't about perfection or performance — it's about building a respectful, attuned relationship with your body. It includes movement, rest, nourishment, and simply noticing what your body needs, moment to moment.

"Your body is not a machine to optimize. It's a home to return to."

A GENTLE PRACTICE: CHECK IN, HONOR, ADJUST

Try this short body check-in whenever you feel disconnected from yourself physically.

- 1. Check in.** Pause and scan your body from head to toe. Where do you feel tension, ease, fatigue, or energy?
- 2. Honor it.** Whatever you notice, let it be valid — no need to judge or immediately fix it.
- 3. Adjust gently.** Ask what one small, kind action your body is asking for right now — water, rest, movement, a stretch.

REFLECTION PROMPTS

- *How do I know when my body needs rest versus needs movement?*
- *What does nourishing my body (not restricting it) look like for me?*
- *What's one physical habit I'd like to build with more compassion, not pressure?*

This worksheet is a companion for reflection, not a substitute for professional support. If you'd like to explore this further, we're here for you.