



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.



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Science-Backed Practices for the Body

These practices are drawn from the research on physical wellness — small, doable ways to support your body. Try one this week, not all twelve.

TWELVE WAYS TO PRACTICE PHYSICAL WELLNESS

Yoga & pranayama **RETREAT-READY**

Reduces cortisol, improves flexibility, balance, and cardiorespiratory function.

Cold plunge / contrast therapy **RETREAT-READY**

Boosts norepinephrine, reduces inflammation, and enhances mood and alertness.

Infrared sauna **RETREAT-READY**

Improves cardiovascular function, muscle recovery, and reduces chronic pain.

Strength training

Builds lean mass, improves bone density, metabolism, and insulin sensitivity.

Aerobic exercise

Reduces all-cause mortality, improves heart health, and upregulates BDNF.

Forest bathing (shinrin-yoku) **RETREAT-READY**

Lowers blood pressure and cortisol; boosts NK cell activity.

Breathwork (e.g., Wim Hof) **RETREAT-READY**

Modulates the autonomic nervous system and reduces systemic inflammation.

Massage therapy **RETREAT-READY**

Reduces muscle tension, lowers cortisol, and increases serotonin and dopamine.

Anti-inflammatory nutrition **RETREAT-READY**

Mediterranean-style diet linked to reduced chronic disease and cognitive decline.

Quality sleep hygiene **RETREAT-READY**

Foundational for cellular repair, immunity, and memory consolidation.

Tai chi / qigong **RETREAT-READY**

Improves balance, reduces fall risk, and lowers systolic blood pressure.

Hydrotherapy / floatation **RETREAT-READY**

Magnesium absorption, pain relief, and deep nervous system relaxation.

You don't need all twelve. Choose the one that feels most alive for you right now.