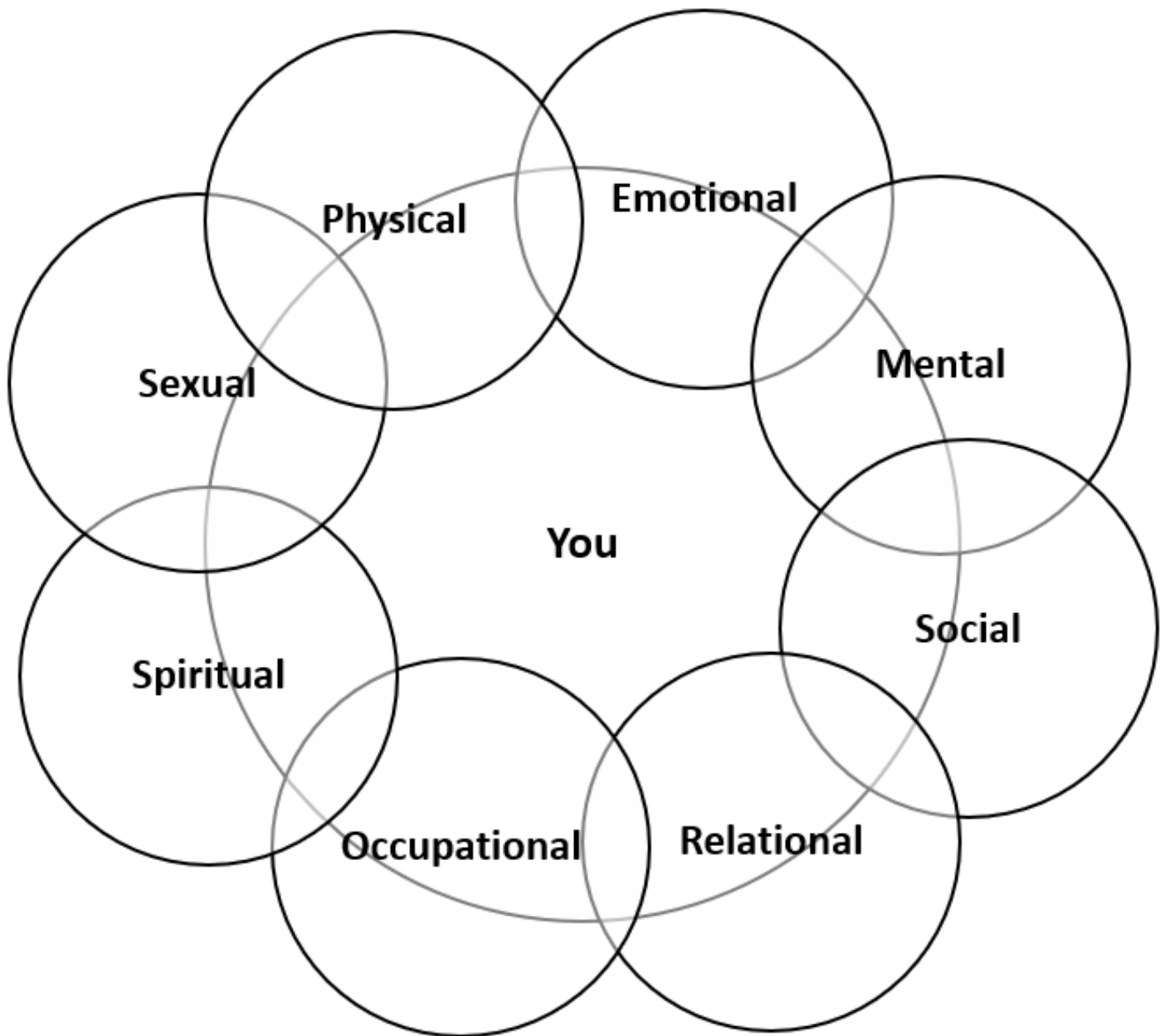


Holistic Nourishment Checklist & Personalized Self-Care Plan



Help Yourself • Help your Relationships • Help your Body



Nourished

ENERGY

Holistic Psychotherapy
& Couples Counseling



Holistic Nourishment Checklist

This checklist is an invitation to explore how you can more deeply nourish yourself, your relationships and your body. Every suggestion is not fit for every person. If something is not for you, for any reason, please mark it with an X and keep going.

The checklist is grouped into 5 areas of self-care: **Social & Relational, Occupational, Emotional & Mental, Physical & Sexual, and Spiritual.**

Using the symbols below, rate the suggestions in each of the areas:

✓ = Already doing this regularly (awesome!)

X = Doesn't apply, or not interested (keep going!)

○ = Opportunity for growth (open to doing more of this, or exploring the barriers to doing more of this)

Following the checklist is the **Personalized Self-Care Plan** which you will build off your responses.

SOCIAL + RELATIONAL SELF-CARE

___ Regularly spend time with others whose company I enjoy

___ Stay in contact with important people in my life via email, social media or in-person activities

___ Commit to exploring ways to meet other singles (if single and interested in finding a partner)

___ Commit to weekly, or monthly, consistent dates (if in relationship)

___ Create a monthly, or seasonal, social event with friends (e.g. meeting 1x a month for brunch or a movie, doing seasonal potluck dinners together)

___ Spend time with people, outside of close friends and family, who share my values, faith or interests

___ Make efforts to go outside my regular social sphere to meet new people

___ Engage in couple's therapy to address issues and/or deepen bonds (if in relationship) or engage in individual therapy to address barriers to intimacy and fulfilling relationships

___ (Fill-in own idea)



OCCUPATIONAL SELF-CARE

(THIS INCLUDES PAID WORK, UNPAID LABOR, AND/OR REGULAR DAILY TASKS)

- ___ Take a break during the day (e.g. lunch, meditation, movement)
- ___ Take time to chat with others /co-workers, or reach out to others who do similar work to fill their days as I do (e.g. parent at home, join a local parent group)
- ___ Set aside a designated time to complete items on your to-do list that you have been putting off
- ___ Regularly enforce boundaries with clients and colleagues (e.g. not emailing after hours)
- ___ Practice balancing days so that no one day, or part of a day, is "too much"
- ___ Arrange the spaces in which I complete tasks, or do work, so they are comfortable and comforting
- ___ Get regular supervision, mentoring or consultation
- ___ Negotiate for my needs (benefits, salary, vacation time, personal time)
- ___ Have a peer support group
- ___ Take on new tasks on out of my comfort zone when they interest me
- ___ Volunteer with a local non-profit that I support or believe in (e.g. go to yearly fundraiser or donating time once a season or more)
- ___ Get real with myself if my chosen career or life path is not fulfilling me and take steps to make changes, even if they are baby steps (e.g. reach out to a counselor and begin exploring options and barriers, take out books from library to explore career options)
- ___ (Fill-in own idea)



EMOTIONAL + MENTAL SELF-CARE

- ___ Make time for self-reflection (e.g. set aside time each week to reflect on yourself and life)
- ___ Write in a journal
- ___ Read or listen to audio books/podcasts for pleasure
- ___ Notice my inner experience—pay attention to the stream of thoughts, judgments, beliefs, attitudes, and feelings that come and go; practice mindfulness
- ___ Engage my intelligence in a new area (e.g. go to sporting events, plays, museums, local cultural events)
- ___ Practice receiving from others (e.g. saying yes to offers of help, gracefully accepting compliments)
- ___ Say “no” to extra responsibilities sometimes
- ___ Give myself affirmations and praise
- ___ Practice self-compassion and intentionally focus on self-acceptance
- ___ Re-read favorite books, re-watch favorite movies
- ___ Allow myself to cry regularly
- ___ Express outrage in society by taking social action (e.g. sending letters, making donations, participating in marches and protests, voting)
- ___ Find ways to play and laugh (e.g. find things to do that are light-hearted and fun)
- ___ Regularly see a psychotherapist
- ___ (Fill-in own idea)



PHYSICAL + SEXUAL SELF-CARE

- ___ Eat regularly (e.g. breakfast, lunch and dinner with snacks in between)
- ___ Eat a variety of foods
- ___ Get regular movement
- ___ Get regular medical care for prevention, and when needed
- ___ Take time off when needed
- ___ Make time for comforting non-sexual touch (e.g. getting regular massages, healing light touch, hugs with friends, cuddling pets)
- ___ Make time for fun physical activity (e.g. dance, swim, walk, run, play sports, yoga, skating, etc)
- ___ Take time to be sexual—with myself and/or with a partner
- ___ Take time to explore my sensuality and sexuality
- ___ Make getting enough sleep a priority
- ___ Regularly wear clothes that are comfortable, feel good and I like
- ___ Take vacations. day trips, mini-vacations and/or stay-cations
- ___ Take time away from electronics on a regular basis (e.g. time away from phones, computers, t.v.)
- ___ Explore, protect and strengthen my personal energy through grounding, centering, working on my boundaries, and recognizing and letting go of what isn't mine
- ___ See a therapist for help around body image/body shame issues, issues with food/eating and/or sexuality
- ___ (Fill-in own idea)



SPIRITUAL SELF-CARE

- ___ Make time for reflection on, or exploration of, spiritual beliefs, values and faith
- ___ Spend time in nature
- ___ Find a spiritual community
- ___ Take time to be aware of and appreciate nonmaterial aspects of life
- ___ Try at times to not be in charge, or the expert, and seek life teachers I admire
- ___ Identify what is meaningful and notice its place in my life. Contemplate the question: am I spending time on what I actually care about?
- ___ Make time for meditation, contemplation and/or prayer
- ___ Make time for, and savor, experiences of awe (e.g. sunsets, inspiring stories, everyday miracles)
- ___ Contribute to causes in which I believe
- ___ Read inspirational literature, or listen to talks, music, etc. that are spiritual in nature
- ___ (Fill-in own idea)

Well done! You have completed the checklist. Now on to the Personalized Self-Care Plan.

"THE WHOLE IS GREATER THAN THE SUM OF ITS PARTS." ARISTOTLE



Personalized Self-Care Plan

I invite you to choose at least one item from each of the areas of the checklist that you will actively work to move from an to a and fill them in below. The checklist and the self-care plan are designed to be returned to again and again, as you explore and practice more deeply nourishing yourself, your relationships and your body.

SOCIAL + RELATIONAL SELF-CARE

OCCUPATIONAL SELF-CARE

EMOTIONAL + MENTAL SELF-CARE

PHYSICAL + SEXUAL SELF-CARE

SPIRITUAL SELF-CARE



Thank you & Additional Information

My name is Jennifer DiGennaro, founder of Nourished Energy, psychotherapist-activist and couples counselor in Grand Rapids, Michigan. I created this document for those struggling in their lives and/or relationships. **Thank you for downloading the Holistic Nourishment Checklist and Personalized Self-Care Plan!** My hope is that you have found it meaningful.



Learn more about my work at: www.nourishedenergy.com

Follow me on **Facebook** @nourishedenergy and on **Instagram** @jenniferdigennaro

For those looking for individual psychotherapy or couples counseling, I welcome you to set-up a complimentary consult call to see if we would be a good fit. Please email me at Jen@NourishedEnergy.com or call 616-446-6728. I would love to hear from you.

**"HOLISTIC HEALING IS NOT PERFECTION AND THERE IS NO END POINT, IT IS LIFELONG. IT IS BEING ABLE TO SHOW-UP MORE AND MORE AS YOUR WHOLE SELF IN THE PRESENT MOMENT. PSYCHOTHERAPY IS A PLACE TO PRACTICE SHOWING-UP AND SELF-CARE HELPS YOU TO KEEP SHOWING-UP."
JENNIFER DIGENNARO**

Disclaimer: The Holistic Nourishment Checklist & Personalized Self-Care Plan is designed for educational purposes only. The information is not a substitute for, nor does it replace, professional medical or mental health advice, diagnosis, or treatment.