



WELLNESS

GUIDE

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Welcome!

Thank you for taking the first step toward wellness. This guide incorporates five elements of wellness: physical, emotional, social, spiritual and vocational wellness. Following these techniques is the first step toward a more holistic and balanced lifestyle.



ABOUT ME

I am a Licensed Mental Health Counselor and Registered Art Therapist. I focus my practice on holistic and creative healing.

I started Mosaic Creative Counseling, a group practice where creative practitioners can offer an alternative healing path to traditional talk therapy.

My hope is that you can use this guide to incorporate more holistic practices into your daily life. When incorporating these new skills and techniques practice self compassion and patience with yourself. Learning new skills is hard and doesn't come naturally. It takes practice. Be gentle with yourself during this time of change and growth. Focus less on showing up perfectly and more on show up with consistency and an open mind.

Nicole Rainey

FIVE AREAS OF WELLNESS

1. PHYSICAL

Our physical wellness is the foundation for all other areas of wellness. When our body is functioning from an empty or disregulated place, trying to engage in any other areas of wellness will feel like an uphill battle. While physical wellness may seem simple or even less exciting, it can be the most impactful.

2. EMOTIONAL

Emotional wellness starts with learning to identify our emotions and then building up a tolerance to feel them. Contrary to what our culture may reflect, emotions are meant to be felt and moved through not avoided, stuffed or ignored. Emotional wellness is a practice of learning to listen and trust our emotions.

3. SOCIAL

Part of our wellness depends on others, which can often leave us exposed and vulnerable to hurt and pain. However we are wired for connection so learning to engage in meaningful relationships and practice healthy vulnerability is vital to our overall wellness.

4. SPIRITUAL

Spiritual wellness is about engaging in something larger than ourselves. For some this means belief systems or religion, for others this means the universe and nature. Whatever sense of spirituality feels safe and comforting to you follow that into a higher state of wellbeing and wellness.

5. VOCATIONAL

Most people believe that our vocation is our career, however vocational wellness is more about a purpose, calling or mission that you are passionate about. Vocational wellness is about finding meaningful "work" to engage in. For some this takes place inside their career but for others it is in their hobbies, organizations or volunteer work.

3 PHYSICAL WELLNESS PRACTICES

1. SLEEP

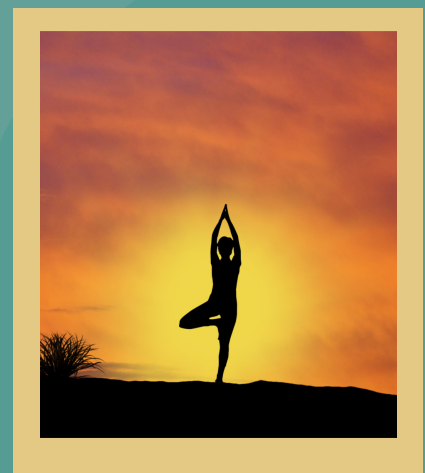
Sleep has a strong impact on our overall mental health. You can regularly implement every other wellness technique but if you ignore your sleep habits the effects will be minimal. Adults should aim to get 6-8 hours of sleep per night. If you struggle with sleep try some of these adjustments to your nighttime routine. Stop your screen time at least 30 minutes before bed. Get in bed and wake up at the same time each day. Try supplements such as melatonin to jump start your body into this new routine.

2. EATING

Take a very gentle inventory of your eating habits. By gentle, this means stop bullying yourself and shaming yourself. When we are trying to focus on physical wellness there is no place for self hate and criticism. As you take a gentle inventory of what you're eating, notice your relationship with food. If you want to improve your eating habits identify one simple way to improve your relationship with food. Incorporate one healthy snack per day. Drink one more full glass of water per day. Incorporate a vegetable into one meal per day. Our culture is saturated with negative body messages. As you try to embrace physical wellness be sure protect yourself from inner criticism. Try only making one small and manageable change to improve your eating habits. Too many changes at once can lead to overwhelming our body. Lead with patience and self compassion.

3. MOVE YOUR BODY

Movement has a strong regulating effect on our body. Moving your body just 15-30 minutes per day can have countless benefits including improved immune system, stress reduction, decreased health risks, emotional regulation and more. Try incorporating movement into your daily or weekly routines in simple ways. Take the stairs instead of elevator. Take a walk on your lunch break. Set a morning and afternoon stretch break in between meetings. Join one yoga class a week. Focus on small consistent changes as opposed to creating an entirely new routine.



3 EMOTIONAL WELLNESS PRACTICES

1. BREATH

Breath work is an important technique to help us tolerate distressing emotions. When difficult emotions come up like anxiety, fear, overwhelm our heart rate increases and our breath shallows. Try taking deep breaths in through your nose and out through your mouth. Perhaps put one hand over your heart and one over your stomach to ground yourself and focus on your breath work. If needed you can incorporate slow and gentle taps. Alternate tapping your right and left palm gently while you focus on your deep breathing.



2. FIND THE EMOTION IN YOUR BODY

Next time a heavy emotion comes up for you, try to find where that emotion is in your body. Close your eyes and check in with your body. Notice where you feel an emotion in your body. Do you carry anxiety in your stomach? Do you feel stress in your shoulders? As you check in with your body pay attention to those areas that carry emotion.

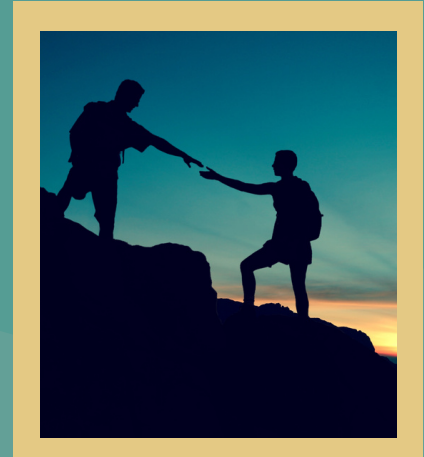
3. LISTEN TO THE MESSAGE

Much of our culture tells us that emotions do not belong. The culture values stuffing emotions, ignoring feelings and labeled it strength. Instead of buying into this narrative, try listening to your emotions. Emotions are often trying to communicate something from our body to our mind. Anxiety and fear might be trying to signal that something is off and we should leave an environment. Stress and overwhelm might be communicating that we need to ask for help. Guilt and shame might be trying to make sense of tragedy or trauma. To engage in emotional wellness, try to ask yourself, "what is this emotion trying to communicate to me?" Listen for a simple answer and if you find one, listen to it and build trust within yourself by following that message..

3 SOCIAL WELLNESS PRACTICES

1. ASK FOR HELP

In our society most of us find it very difficult to ask for help. Maybe you have had disappointments from people who were supposed to help. Perhaps you have experienced trauma where others took advantage of times where you could have used some help. Or maybe you simply heard the narrative that strength is related to independence. Challenge these experiences and narratives. Find safe people in your life and practice asking for help. Start small. Today ask for help in a small but very specific way from someone who you trust. We are social beings, meant to live in community and support each other. Let yourself experience that depth of human connection by asking for help.



2. SET BOUNDARIES

Boundaries are the limits we set with other people in our lives to protect our own needs. Although some argue boundaries divide us, they are actually what allows us to love and care more deeply. When a relationship has mutually respected boundaries, both individuals are set up for success and able to feel trusted and safe within the relationship. Even in our most intimate relationships, boundaries are essential. Boundaries are actually what allows us to stay vulnerable and help us feel safe in relationships. Boundaries help us create deeper more authentic relationships. Try setting at least one boundary. Set a boundary with your time, by saying you need to leave by a specific hour. Set a boundary with your energy by refusing to go places or do things that feel overwhelming. Boundaries are not personal. Healthy friends and family will respect your boundaries.

3. OPEN UP

Vulnerability is hard. We often want to show up for others but have trouble allowing others to see our authentic selves. Practice vulnerability with safe people in your life. Try opening up about something you're struggling with. Try sharing an experience from your past. Take it slow. You shouldn't open up about everything all at once but slow and steady vulnerability builds trust and depth in friendship. Share a piece of your authentic self.

3 SPIRITUAL WELLNESS PRACTICES

1. ACKNOWLEDGE SPIRITUAL COMFORT VS EXISTENTIAL PAIN

Before moving into spiritual wellness, we must open our mind and heart to what spiritual truly means. Separating the idea of spiritual from religious is important work. Spirituality is about acknowledging something or purpose larger than ourselves. For some that involves God, for others that is the Universe, still for others that is the hope of humanity. Religion is different than spirituality because it offers a specific belief system. For some, religion is a comfort and I would encourage those individuals to lean into the compassion and grace-filled aspects of religion. However for anyone who has felt hurt by religion, try separating the idea of spirituality from religion. this includes finding your own comforting beliefs. This might start with simple comforting statements.

2. APPRECIATE NATURE OR CREATION

Part of Spiritual wellness is allowing yourself to feel a sense of Awe or wonder. One of the best ways to do this is by intentionally appreciating nature. To connect better with your spirituality. try getting into nature. Visit a state park to see a beautiful view. If nature is not your specialty, try being intentional about more man made aesthetics. Visit an art museum or a city with unique architecture. Visit a creative event like a festival or cultural show.

3. GRATITUDE JOURNAL

Connecting with our spirituality can start with gratitude. Try practicing gratitude on a regular basis. Journaling can be a mindful practice that helps us acknowledge and appreciate the important things in our life. Take about 5 minutes during your day to write down 3-5 things you are grateful for. When trying to make gratitude journaling into your routine, consistency is key. Be patient with yourself as you try this new technique. Find small experiences each day to be thankful for.

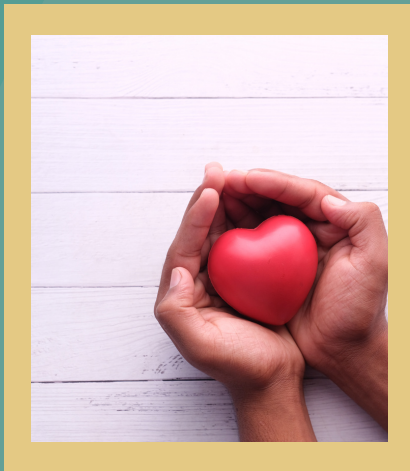


3 VOCATIONAL WELLNESS PRACTICES

1. IDENTIFY YOUR VALUES AND PASSIONS

Imagine your best self. What is important to them? What do they practice on a regular basis? What do they prioritize? Try creating a vision board to make this image come to life. Cut out magazine images or even real photos and collage them together on one page to make a vision board. Remember that vocational wellness is more about a calling and not all about work. Pick out images that symbolize what you are passionate about and what you value in life as a whole. Give yourself permission to dream and be creative. Quiet that inner critic who tells you it is not possible or a silly dream. After creating a vision board, gently take an inventory of how closely this image looks to your current reality. Don't be hard on yourself. Be honest about if you need to Readjust your priorities to better align with your values and passions.

2. GIVE BACK TO A CAUSE THAT MATTERS



Find a cause, mission, or organization that you care about. Give yourself space to do your research and narrow this down. Find a way to give back to this cause. You can give your money, but also consider giving your time or your creative skill set. Perhaps find a place to volunteer or donate excess items to every month. This might be a larger organization, but it might also be mowing an elderly neighbor's lawn. Find a way to give back to a calling that is important to you. This might be in your work, but it also could be in your spare time or something you do with friends or family.

3. SET GOALS FOR YOUR FUTURE

Identify 1-3 goals for your future. Break these Goals down to short or long term. Try journaling about why these goals are important and how they align with your values and passions. Once you have a few goals, try breaking those goals down in to measurable steps. Outline a breadcrumb path to each goal. Then set dates to achieve each step by. Give yourself reasonable time to accomplish these small steps. Writing down goals and breaking them into small steps helps us narrow our focus and gives motivation and purpose. Having this clarity helps you filter out things and activities that don't align with your goals.

WANT TO GROW MORE?



The best way to prioritize your holistic growth and wellness is to work with a professional.

To see if we can work together to find a path that works for your unique situation, visit our website. Become a client to start your holistic wellness journey today! You deserve it.

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