


WHISPERS OF WELLNESS

Cold Relief SoundBath
Package

Mind - Body - Connection



DreamingWindchimes



WELCOME TO THE MIND BODY
CONNECTION JOURNAL. A SACRED
SPACE DEDICATED TO EXPLORING
THE RELATIONSHIP BETWEEN MIND
AND BODY AND HEALING.

THIS JOURNAL IS FILLED WITH
PROMPTS, EXERCISES AND
REFLECTIONS THAT ENCOURAGE
YOU TO DIG DEEP IN YOUR
THOUGHTS AND FEELINGS.

FIRST, WE WILL EXPLORE THE MIND
AND INTENTION SETTING
REFLECTIONS TO HELP US IDENTIFY
HOW IT IS INFLUENCING YOUR
PHYSICAL BODY

NEXT, WE WILL EXPLORE THE BODY.
THESE WILL BE GUIDED SOUND
BATHS TO HELP THE BODY HEAL.

REMEMBER HEALING IS A JOURNEY,
NOT A DESTINATION. BE PATIENT
AND GENTLE WITH YOURSELF AS
YOU EMBRACE THE POWER OF
SOUND AND SELF-REFLECTION.

WITH LOVE AND LIGHT,

Megan



MIND



LET'S REFLECT ON THE CONNECTIONS
BETWEEN
MENTAL AND EMOTIONAL STATES AND
OUR PHYSICAL HEALTH.

ILLNESS STARTS IN THE MIND. SO WE
WILL FIRST EXPLORE THE UNDERLYING
ISSUES THAT COULD BE CAUSING OUR
BODIES TO CREATE THE PHYSICAL
ILLNESS WE ARE EXPERIENCING.

GO THROUGH THESE JOURNAL PROMPTS
AT YOUR OWN PACE.
BE KIND TO YOURSELF. TAKE YOUR TIME.

ALLOW FOR A DEEP REFLECTION AND BE
HONEST WITH YOURSELF.

ALLOW THIS SPACE TO BE A PLACE
WHERE YOU CAN OFFER YOUR
THOUGHTS AND FEELINGS WITH NO
JUDGEMENT.

THIS CAN BE A POWERFUL STEP INTO
UNDERSTANDING AND HEALING
YOURSELF BOTH MENTALLY AND
PHYSICALLY, SO BE GENTLE, AND ENJOY
THIS JOURNEY OF SELF-REFLECTION.



www.dreamingwindchimes.com

www.thewoooinyou.com

Self-Reflection & Awareness

Make a small list of your symptoms, Where do you feel this in your body?

1.

2.

3.

What emotions have been prevalent this week or the week before?

.....

.....

.....

.....

How do you think these emotions have been affecting you this week?

.....

.....

.....

.....

What are some major stressors that have been affecting you this week?

.....

.....

.....

.....

.....

.....

.....

.....

.....

“You can’t pour from an empty cup—take care of yourself first.”

Stress Check

Identify one moment this week where you felt overwhelmed. Write some details about this situation, and the emotions you felt around it

[illegible]

Self-Care

How have you been taking care of yourself emotionally and physically this week?

Are there some areas where you have been neglecting yourself? (ex. I don't have time for that or others are more important)

What does self care mean to you?

What are some changes that you can make to prioritize self-care?

Stress Check

Think about a specific situation or interaction that triggered an overwhelming emotion this week. What caused the feelings of discomfort, and the underlying fear for you? Describe how that feels. (ex. if I don't meet this deadline, I could lose my job, if I don't fix this problem for my child, they won't feel loved..)

[illegible]

Releasing the Fear

Take a moment to acknowledge how this fear makes you feel. Ex: "This fear makes me feel anxious and overwhelmed." Dive deep into the feelings, allow the emotions to flow down. Validate yourself for feeling these feelings and embrace them rather than pushing them away.

[illegible]

Take a moment to reflect why this fear affects you. What experiences have you had that contribute to this fear? Ex. "I fear losing my job because I've faced job instability in the past." Take some time to understand where these beliefs originated in your life.

[illegible]