

Emotional Wellness Plan

Emotional wellness is an on-going journey that requires us to create actionable goals and tasks. To help you navigate this journey, use this form to develop an overall wellness care plan. Feel free to use this how you'd like and how often you'd like.

Also, you are welcome to consult with a clinician and/or coach as you make your plan.

What Does Emotional Wholeness Look Like for Me?

Which Areas Do I Need to Heal?

- ---
- ---
- ---
- ---
- ---

Toxic Learned Behavior I'd like to Eliminate:

What are my triggers? (see trigger mapping exercise)

- _____
- _____
- _____
- _____
- _____

Now Let's Decide What Your Care Team Looks Like

Therapy

Therapy deals with the past and how it impacts your present. Type of therapy I need:

- EMDR • Cognitive Behavioral • Marriage/Family • Psychodynamic
- Other _____

Therapists name:

How frequent are my visits? _____

Areas I want to address in therapy:

Coaching

Coaching deals with the present and future and helps you to achieve future goals (i.e., developing confidence, changing careers, etc.).

What type of coach do I need?

- Life coach • Career Coach • Confidence Coach • Other _____

Coach's name:

How frequent are my visits? _____

Areas I want to address through coaching:

OB/GYN

Much of our mood changes can be attributed to shifts in our hormones. An OB can help you sort through these changes.

OBGYN:

When is my next visit?

Doses

Just as you feed your body water and nutrients for healing and optimal performance, wellness requires feeding your spirit and soul with positive and mood boosting information that transforms your thinking and releases healing properties, daily and weekly. We are going to engage your 5 senses daily to soothe your soul and relieve the stress.

Daily Doses

Sound

Listen to a good podcast or to listen to...

Aromatherapy

Smell connects us directly with our memories, emotions and instincts.

Fragrances that are calming for me:

Visual impressions

Aim to read something that inspires you, empowers you and gives you a total shift in thinking each day

Things I can add to my reading list are.....

Weekly Doses

Self-Care

What can you do weekly that makes you feel full, nurtured, and good about yourself (i.e., taking a long warm bath, reading a book outside on your porch, visiting a park or beach, gardening, etc.)?

Organization

An organized life leads to less inner chaos and reduces stress. Lists tools you can use for organization.

Task or To Do List

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Endorphins

Endorphins are chemicals that our body releases to aid in calming stress or pain. There are certain activities that help our bodies to release these chemicals. Aim to do these activities weekly.

- ✓ Exercise
- ✓ Acupuncture
- ✓ Laughter
- ✓ Meditation
- ✓ Playing music
- ✓ Eat one of your favorite meals

Community

There is healing in community! Doing life with positive people helps us to heal and grow. Look for community in church small groups, social groups such as mocha moms (shameless plug here!), meetups, book clubs, and various support groups.

We need people in our community to perform specific roles to help us heal.

Accountability (who will let me know when my actions are harmful and when my reactions do not match the situation):

Crisis moments (who can I contact when I am in crisis):

Calm Voice: Who is able to be my soothing voice when I feel overwhelmed:
