

GRACEFUL BALANCE®

THE WHOLE PERSON *Wellness* CHECK IN

A gentle self-reflection guide

MIND • BODY • RELATIONSHIPS • RHYTHMS • SPIRIT

Wellness

You are not a collection of symptoms. You are a whole person—and every part of you deserves compassionate care. Discover what your mind, body, relationships, rhythms, and spirit may be asking for—and where to begin.

DISCLAIMER



For education and self-reflection only. This guide is intended to support personal reflection and general wellness education. It is not a clinical assessment, screening instrument, diagnosis, treatment plan, or substitute for individualized care from a qualified healthcare professional.

No professional relationship. Downloading, reading, or completing this guide does not establish a therapist-client, coach-client, dietitian-client, nurse-patient, yoga therapy, or other professional relationship with Graceful Balance Wellness or any member of its team.

Not medical, mental health, or nutritional advice. The information in this guide is general and may not be appropriate for every person or circumstance. Do not use it to diagnose a condition, change medication, delay treatment, or replace recommendations from your physician, licensed mental health provider, registered dietitian, or another qualified professional.

Use your judgment and seek support. Reflection can sometimes bring up strong emotions, memories, or physical sensations. You may pause at any time. If a prompt causes significant distress or you have concerns about your health or safety, contact an appropriate licensed professional.

Faith integration is optional. Graceful Balance Wellness is a faith-informed practice. Spiritual prompts are invitational and may be adapted or skipped according to your beliefs, preferences, and care needs.

If you are experiencing a mental health crisis, thinking about harming yourself or someone else, or are in immediate danger, call or text 988, call 911, or go to the nearest emergency department. This guide is not monitored and is not a crisis-response service.

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Welcome, friend!

Take a deep breath. You are exactly where you needed to be.

When I founded Graceful Balance Wellness, I knew I wanted to create something different: a place where people would not be reduced to a diagnosis, a symptom, or a single difficult season. I wanted care to make room for the full person—for the thoughts we carry, the stories our bodies remember, the nourishment and rhythms that sustain us, the relationships that shape us, and the spiritual questions that often sit beneath it all.

Over the years, I have seen again and again that healing is rarely one-dimensional. Sometimes we need a safe place to process our emotions or past experiences. Sometimes our nervous system needs help learning that it no longer has to remain on guard. Sometimes our physical health, relationships, boundaries, or daily patterns are quietly asking for attention. And sometimes our deepest need is to reconnect with hope, identity, grace, and the presence of God.

At Graceful Balance, we believe healing is holy work. We also believe it should never be driven by shame, pressure, or the expectation that you must change everything at once.

This guide was created to help you pause and listen with compassionate curiosity. It is not a test, and there is no perfect result. My hope is that these pages help you recognize what your whole self may be communicating—and give you permission to choose one gentle, meaningful next step.

Wherever you are beginning, please know this: needing support does not make you weak, behind, or broken. You are worthy of care that sees you fully. You do not have to have the entire path figured out. Healing can begin right where you are.

Brittany



BEFORE YOU BEGIN

A few minutes of honest noticing can reveal a meaningful next step.

Sometimes we know we do not feel like ourselves, but we cannot quite name why. We may focus on one symptom—anxiety, exhaustion, irritability, disconnection, poor sleep—without seeing how the different parts of our lives are affecting one another.

This guide offers a wider lens. It will help you gently check in with five connected areas of wellness and listen for where support may be needed most right now.

How to use this guide

- ☐ Choose a quiet moment and move through each section without rushing.
- ☐ Check the statements that feel true lately—not only on your hardest day.
- ☐ Pay attention to what brings relief, resistance, emotion, or curiosity.
- ☐ At the end, choose one starting place. You do not need to fix everything at once.

There is no total score and no “good” or “bad” result. The goal is awareness, not judgment.

A note about faith

Graceful Balance Wellness offers faith-informed care, and spiritual integration is always based on your preferences. If faith is meaningful to you, use the spiritual prompts as an invitation. If it is not part of your care, you may reflect on meaning, values, hope, and connection instead.

Important

This guide is educational and reflective. It is not a diagnosis, medical advice, or a substitute for care from a qualified professional. If you are in immediate danger or experiencing a mental health crisis, call or text 988, call 911, or go to the nearest emergency department.

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Emotional + Mental Wellness

What has your inner world been carrying?

Your thoughts and emotions are information. They may be signaling unresolved pain, unmet needs, chronic stress, or a need for new support—not personal failure.

Emotional + Mental Wellness

As you read, check anything that has been true often enough to deserve your attention. This is an invitation to notice—not a test to pass.

- ☐ My mind feels busy, repetitive, or difficult to quiet.
- ☐ I feel overwhelmed by responsibilities that once felt manageable.
- ☐ I notice anxiety, sadness, irritability, numbness, or emotional swings.
- ☐ I avoid people, places, decisions, or memories because they feel too activating.
- ☐ I am hard on myself or frequently feel not good enough.
- ☐ Past experiences still shape how I react in the present.
- ☐ I understand my patterns intellectually, but still feel stuck in them.
- ☐ It is difficult to identify, express, or tolerate my emotions.

Pause & Reflect:

What feeling or thought has been asking for the most attention lately?

What would feel different if this area had more support?



Nervous System + Body

What is your body communicating?

The body can continue carrying stress after the mind understands what happened. Regulation is not simply “calming down,” it is building capacity to feel present, connected, and safe enough.

Nervous System + Body

As you read, check anything that has been true often enough to deserve your attention. This is an invitation to notice—not a test to pass.

- ☐ My body often feels tense, braced, restless, or unable to settle.
- ☐ I move quickly into fight, flight, freeze, shutdown, or people-pleasing.
- ☐ I feel disconnected from my body or struggle to notice sensations.
- ☐ I startle easily, scan for problems, or have difficulty feeling safe.
- ☐ Rest feels uncomfortable, unproductive, or nearly impossible.
- ☐ I experience headaches, muscle tension, stomach discomfort, or other stress-related sensations.
- ☐ I know I am safe, but my body does not seem to believe it.
- ☐ I need more tools that help me regulate in the moment.

Pause & Reflect:

Where do I notice stress or protection in my body?

What helps my body feel even 5% safer or more settled?



Nutrition + Physical Wellness

How supported does your body feel from the inside?

Physical factors can influence mood, attention, sleep, and resilience. Exploring them does not mean your emotional experience is “all physical”—it means your whole story matters.

Nutrition + Physical Wellness

As you read, check anything that has been true often enough to deserve your attention. This is an invitation to notice—not a test to pass.

- ☐ My energy rises and crashes throughout the day.
- ☐ I skip meals, forget to eat, or go long stretches without nourishment.
- ☐ My mood or anxiety seems to shift when I am hungry, tired, or depleted.
- ☐ Sleep is inconsistent, unrefreshing, or difficult to maintain.
- ☐ Digestive symptoms or body discomfort affect my quality of life.
- ☐ Food feels confusing, stressful, highly controlled, or emotionally charged.
- ☐ Hydration, movement, medication, hormones, or health concerns may be affecting how I feel.
- ☐ I want a more compassionate and sustainable relationship with caring for my body.

Pause & Reflect:

Which physical need is easiest for me to overlook?

What is one nourishing choice that would feel supportive—not punishing?



Relationships + Daily Life

Do your connections and rhythms support the life you are trying to live?

Wellness is shaped by more than what happens inside you. Relationships, responsibilities, environment, boundaries, and daily rhythms can either support healing or keep your system in survival mode.

Relationships + Daily Life

As you read, check anything that has been true often enough to deserve your attention. This is an invitation to notice—not a test to pass.

- ☐ I give more than I have capacity for or struggle to set boundaries.
- ☐ I feel lonely, unseen, misunderstood, or disconnected from others.
- ☐ Conflict, caregiving, work, family roles, or major transitions are draining me.
- ☐ I have trouble asking for help or receiving care.
- ☐ My schedule leaves little margin for rest, joy, or meaningful connection.
- ☐ I am functioning, but I do not feel fully present in my own life.
- ☐ I am unsure what I need in a relationship or how to communicate it.
- ☐ I want greater clarity, purpose, confidence, or alignment in my next season.

Pause & Reflect:

Where am I overextended, under-supported, or out of alignment?

What boundary, conversation, or rhythm might create more room to breathe?



Spiritual Wellness

What is happening in your relationship with God, meaning, hope, and identity?

Spiritual struggle is not evidence that you are failing. Honest questions, grief, longing, and even silence can be part of a living relationship with God and a meaningful healing process.

Spiritual Wellness

As you read, check anything that has been true often enough to deserve your attention. This is an invitation to notice—not a test to pass.

- ☐ I feel distant from God, spiritually tired, disappointed, or unsure.
- ☐ My beliefs about God are shaped by fear, shame, performance, or painful experiences.
- ☐ I struggle to receive grace, rest, forgiveness, or love for myself.
- ☐ I long to hear God more clearly or feel grounded in His presence.
- ☐ My outer life and inner values do not feel aligned.
- ☐ I am questioning who I am or what this season means.
- ☐ Spiritual practices feel like another obligation rather than a source of connection.
- ☐ I want faith to be part of healing, but I need it approached gently and safely.

Pause & Reflect:

What am I longing for spiritually in this season?

What might a gentle, honest step toward connection look like?



YOUR WHOLE-PERSON PATTERN

Look for the area asking
for care—not the area
you can criticize most.

Review your check marks and reflections. Rather than counting every box, notice the pattern. Which section held the most energy, recognition, emotion, or relief?

MIND: Thoughts, emotions, patterns, or experiences need support.

BODY: Your nervous system is asking for safety, regulation, or reconnection.

NOURISH: Energy, sleep, food, or physical wellness deserves attention.

CONNECT: Relationships, boundaries, purpose, or daily rhythms need care.

SPIRIT: Faith, identity, meaning, hope, or connection with God feels tender.

Take a deep breath. You are exactly where you needed to be.

Pause & Reflect

Your starting point is not a permanent label. Needs change across seasons, and the areas of whole-person wellness continually influence one another.

The area that seems to be asking for the most support is:

One thing I want to understand, change, or receive support with is:

My next step:

YOUR 10-MINUTE WHOLE-PERSON *Reset*



MIND — Name it

Pause and ask: What am I carrying right now? Name one thought or emotion without trying to solve it.

BODY — Notice it

Feel your feet or the support beneath you. Soften one area of tension. Take three slow breaths without forcing them.



NOURISH — Support it

Ask: What does my body need next—water, food, medication, movement, quiet, fresh air, or rest? Choose one kind response.

CONNECT — Reach outward

Identify one boundary, person, or source of support that could reduce the load. Take one small step toward connection.



SPIRIT — Listen

If faith is part of your life, pray: “God, meet me here. What are You inviting me to notice or receive?” Or reflect on what matters most right now.

*Complete the reset by choosing one next thing—not ten.
Small, repeated acts of care help create meaningful change.*

Healing Is Not One-Dimensional

Different needs may call for different kinds of support.

Therapy

May be a helpful starting place when thoughts, emotions, trauma, grief, anxiety, relationships, or recurring patterns are affecting daily life.

Nutrition support

May help when energy, sleep, nourishment, digestion, food concerns, or physical patterns seem connected to emotional well-being.

Coaching

May support forward movement, life transitions, relationships, purpose, spiritual growth, habits, and alignment after—or alongside—healing work.

Somatic regulation + movement-based support

May help when you understand what is happening but your body still feels activated, shut down, disconnected, or in need of practical regulation tools. Your healing does not have to start everywhere. It just has to start somewhere.

A gentle next step:

Bring this guide to a trusted provider, use your reflections to begin a conversation, or connect with Graceful Balance Wellness to explore which kind of support may fit your needs. Our whole-person approach honors the connections among mind, body, relationships, daily life, and spirit.



Ready to Begin?

Visit
<https://graceful-balance.co/> to learn
more or request an **FREE** 15-minute
consultation.

Care is available in Hanover,
Pennsylvania; Westminster,
Maryland; and virtually where
permitted.

Thank you



Thank you for making space to listen to what your mind, body, relationships, daily rhythms, and spirit may be communicating. Choosing to pause and notice is a meaningful act of care.

You do not need to address everything at once. Healing often begins with one honest observation, one compassionate choice, or one courageous next step.

Wherever this reflection leads you, we hope you move forward with greater clarity, deeper grace for yourself, and the reminder that you do not have to navigate your healing journey alone.

With grace,
The Graceful Balance Wellness Team
Healing is holy work.