



The Basic Checklist for Wellness Providers

1. When did I last drink a glass of water? If you don't know, drink a glass of water.
2. When did I last use the bathroom? Do I need to?
3. What is my bodily level of arousal? What is the primary emotion I'm experiencing?
 - a. If arousal is high, and/or emotion is anger or anxiety, do 5-10 minutes of cardiovascular exercise
NOTE: The purpose of this is to address your state, not work out per se—if you want to work out, that's fine, it is above and beyond the needs of the checklist
4. When was the last time I ate? Do I need to?
5. Take a shower, if you can.
6. Change your clothes, if you can.
7. Go outside for a moment, if you can.
8. Take a deep breath, if you can.
9. If you have a brief restorative practice you like to do, do it.
 - a. Play a song on an instrument
 - b. Journal for a few minutes
 - c. Cook something
 - d. Think about what you are grateful for
 - e. Feel Your Feet on the Ground
 - f. Water your garden
 - g. Soften your Gaze
 - h. Savor a Delicious Aroma
 - i. Sing in the shower
 - j. Tidy up your nest
 - k. Use Your Hands
 - l. Call a friend
 - m. Stretch
 - n. Gaze Vacantly into the Distance
 - o. Listen to the sounds in your backyard
 - p. Look Up
 - q. Find the sun in the sky
 - r. Splash cold water on your face
 - s. Firm Your Core
 - t. Open Your Window
 - u. Put on slippers
 - v. Read
 - w. Smile, or Smile Inwardly
 - x. Have Tea
 - y. Hug your child
 - z. Feed the birds
10. If, at the end of this, you don't feel re-centered, do the embodiment practice.

(PS- Every practice listed above is on the Restorative Practices Learning platform. Just sayin'.)

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