

# Holistic Plan



Bio/Body- this is all about the body signals, how can you recognize your own signals for rest? When have you done too much in your strength? Include, ways i to maintain your own well-being with regular doctor visits...

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Psychological- this is all about the messages we tell ourselves? Our own inner voice? Is it compassionate? Or full of criticism? Do you have shame regarding rest? Cultural barriers?

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Social- think through meaningful connections with friends but also your work? What are your work/life rhythms? What part of your work is meaningful? What relationships are restful? how do you make time to rest from your work?

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Spirituality- how does your spirituality support or not support your views of rest? How can you spiritually help you rest?

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