THE 5 FACETS OF WHOLE-PERSON HEALTH:

A faith-Centered Daily Check-in for Mental Wellness

Welcome!
I'm truly glad you're here. As a psychotherapist and a woman of faith, I know how quickly life can pull us in a dozen directions. We may begin treating our mental health, physical health, relationships, and spiritual lives like separate pieces—but God created you as a whole person.

Meaningful growth happens when we care for every part of who we are with honesty, intention, and grace. Not all at once. Not perfectly. Just one faithful step at a time.

Let this daily check-in be a gentle place to pause and notice what you need each day. It brings practical mental wellness tools together with the steady truth of God's grace. You do not need to complete every item or get this "right" or "perfect." Choose one small action in each facet—or simply begin with the one that needs your attention most—and trust that small steps matter.

Rooted in faith. Growing with gratitude.

— Rachael Nitz, LPC
Psychotherapist, Author, & Speaker

My Daily Whole-Person Check-in

"*May God himself, the God of peace, sanctify you through and through. May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ.*"
~1 Thessalonians 5:23~

The Spiritual Facet *(rooting your heart)*	*Make space to connect with God, receive His grace, and remember what is true.* ☐ Begin with God: before you reach for you phone, spend 5 quiet minutes in prayer or stillness. ☐ Stay with One Verse: Read one verse slowly. Notice the word or truth your heart needs today. ☐ Practice Gratitude: Name 3 specific gifts you can thank God for right now... even the small ones.
The Mental & Emotional Facet *(tending to your inner world)*	*Meet your emotions with honesty and compasstion, then use practical tools to help your mind and body settled.* ☐ Name What is Here: Pause and name what you are feeling without judging, fixing, or minimizing it. ☐ Try a 5-4-3-2-1 Reset: Notice 5 things you see, 4 things you can touch, 3 things you hear, 2 things you smell, and 1 thing you can taste.

	☐ Quiet the Noise: Give yourself a 2-hour break from news, social media, or notifications that leave you feeling scattered.
The Physical Facet *(caring for your body)*	*Care for the body God gave you with nourishment, movement, and restorative rest.* ☐ Start with Water: Drink a full glass of water in the morning, then keep gently returning to hydration throughout the day. ☐ Move with Gratitude: Stretch, step outside, or move your body in a way that feels supportive for 15 minutes. ☐ Make Room for Rest: Choose one simple bedtime cue that helps your mind and body begin to wind down.
The Social Facet *(growing in rooted community)*	*Nurture relationships that are honest and life-giving, while honoring the boundaries that protect your well-being.* ☐ Reach out: Send a simple message to someon you care about: “You were on my heart today.” ☐ Go One Layer Deeper: Make room for one meaningful conversation and let honesty matter more than having the perfect words. ☐ Honor a Healthy No: Say a kind, clear “no” to

	one thing that would stretch you beyong what you can give today.
The Intellectual Facet *(renewing your mind)*	*Feed your mind with truth, curiosity, growth, and the kind of creativity that brings you back to life.* ☐ Choose Truth: Notice one unhelpful thought. Gently challenge it with a balanced clinical truth or a Biblical promise. ☐ Stay Curious: Read 5 pages, listen to something uplifting, or spend a few minutes learning about something that interests you. ☐ Follow a Creative Spark: Give yourself 10 minutes to cook, journal, craft, or create simply because it brings you joy.

A Gentle Evening Reflection

Where did I notice God's presence or care today?

What am I ready to place in His hands before I rest?

Looking for more practical tools to help you grow strong in mind, body, and spirit? I'd love to stay connected with you at rachaelnitz.com.