

THE FILL YOUR CUP MINI WORKSHOP

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SIGNS YOUR CUP IS EMPTY

FIRE

Anxiety
Heart palpitations
PMS/Hormonal imbalance
Circulatory issues
Lonliness, fear of lonliness
Feel restless
Very high/low blood-pressure
Pessimism

___/8

WOOD

Feel stuck
Frustration, angry outbursts
Moodiness
Trouble finishing projects
Easily overwhelmed
Indecisive
Headaches
Cry easily

___/8

EARTH

Trouble losing weight
Tendency to overeat
Feel disappointed often
Overly accomodating
Feel resentful
Worry a lot, ruminate
Foggy brain feeling
Loose stools, bloating

___/8

METAL

Perfectionist to a fault
Often experience nostalgia
Respiratory issues
Skin issues
Stingy, overly focused on money
Jealousy
Lingering greif
Inflexibility

___/8

WATER

Rigid schedule/dislike surprises
Discomfort connecting with others
Fear, trauma
Insomnia
Fertility issues
Night-sweating
Dry skin/hair/nails
Low back pain

___/8

WHAT YOU NEED



If you checked 3 or more points under **FIRE** you need more CONNECTION.

If you checked 3 or more points under **WOOD** you need more CREATIVITY.

If you checked 3 or more points under **EARTH** you need more NOURISHMENT.

If you checked 3 or more points under **METAL** you need more REFLECTION.

If you checked 3 or more points under **WATER** you need more FLOW.

HOW TO FILL YOUR CUP

FIRE

You're craving connection right now, which means that you've got to prioritize things that make you feel love, gratitude and joy.

HERE ARE SOME IDEAS:

Go on a date night with your sweetheart or some good friends

Call someone whom you haven't spoken to in a while

Write a letter

Keep a gratitude journal

Go to an amusement park

Host a pot-luck

WOOD

You're craving creativity right now, which means that you've got to prioritize projects, plans, and things that make you feel excited.

HERE ARE SOME IDEAS:

Plan a personal pampering day

Plan a weekend getaway for the family

Create a piece of art

Take a class

Start a blog

Set a fitness goal

EARTH

You're craving nourishment right now, which means that you've got to prioritize how you eat and things that make you feel comfortable, stable, and secure.

HERE ARE SOME IDEAS:

Eat cooked vegetables with every single meal, especially root vegetables

Eat mindfully, without distraction

Include more herbs and spices in your meals

Avoid processed and refined foods

Rearrange your furniture

Do grounding practices

METAL

You're craving reflection right now, which means that you've got to prioritize alone-time, quiet activities, and rest.

HERE ARE SOME IDEAS:

Do a daily reflection exercise

Carry a journal with you

Meditate

Practice qigong/taiqi or restorative/yin yoga

Write poetry

Listen to music with your full attention

WATER

You're craving flow right now, which means you've got to prioritize flexibility and things you can get lost in.

HERE ARE SOME IDEAS:

Follow the "one-thing" principle

Create a sleep oasis

Take adaptogenic herbs

Make space, let go

Practice breathing exercises

Spend time in nature

DISCLAIMER

This workshop is intended to guide and inspire you to choose the foods and lifestyle factors that will help you feel most healthy and balanced -but reading and following this advice does not guarantee results.

Everybody's story is different, and everybody, and every body, needs different things.

While every attempt has been made to help you understand and support your own needs, it is up to you to do the work. Even then, as is true for all things in life, results might look different than you imagine.

This workshop is not intended to diagnose, treat, cure, or prevent any disease. All material provided on this workshop is to be used as informational or educational purposes only, and is not intended as a substitute for the advice provided by your healthcare professional or physician. Always consult a trained healthcare professional before making any changes to your diet and/or lifestyle. Individual results may vary.