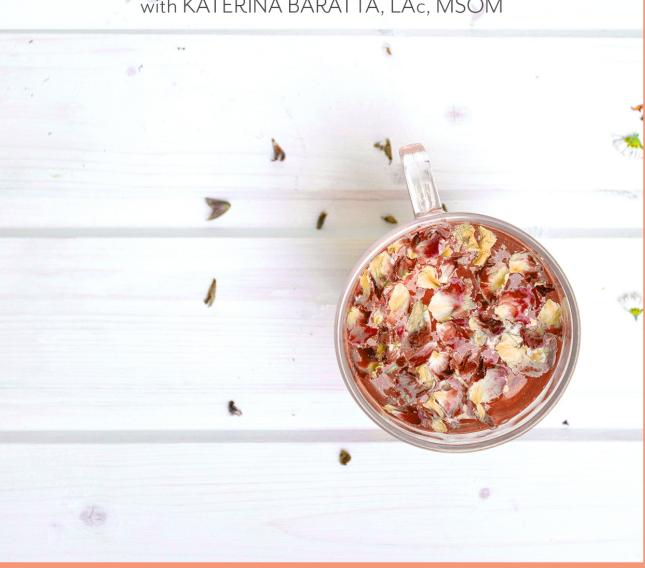
# THE FILL YOUR CUP **MINI WORKSHOP**

600

with KATERINA BARATTA, LAc, MSOM



# SIGNS YOUR CUP IS EMPTY

#### FIRE

Anxiety Heart palpitations PMS/Hormonal imbalance Circulatory issues Lonliness, fear of Ionliness Feel restless Very high/Iow 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

#### WATER

Rigid schedule/dislike surprises Discomfort connecting with others Fear, trauma Insomnia Fertility issues Night-sweating Dry skin/hair/nails Low back pain \_\_\_\_/8

#### METAL

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