



# HOW TO CARE FOR YOUR BODY WORKBOOK





Emily is the principal and owner of Kibworth Osteopaths and Pilates. She enjoys the variety of patients she sees in general practice.

Emily qualified as an Osteopath in 2009 from the University College of Osteopathy (formerly the British School of Osteopathy) and worked in Leicester and Desborough in well-established, busy practices.

In 2017 Emily opened Kibworth Osteopaths, growing it into Kibworth Osteopaths and Pilates in 2019 upon qualifying as a Pilates instructor. Since qualifying as an Osteopath Emily has gained skills through post graduate training in kinesiology taping, Cranial Osteopathy, and Mental Health First Aid to highlight a few.

Emily enjoys seeing patients through the whole recovery process, building relationships with her patients, and seeing the benefits of Osteopathy in action. Emily says "Recovery from any injury is a journey. Walking the road of recovery with every single patient I treat is a privilege, and I aim to provide my patients with the best care, treatments and advice possible".

Emily is a member of the Institute of Osteopathy (IO) and is registered with the General Osteopathic Council.

If you have any questions please drop me a line and I will be glad to help.

*Emily Coombes*



# YOUR WORKBOOK

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As we have learnt, our body is made up of 11 systems, each needing time, care, and attention. This can feel really overwhelming.

Luckily, our amazing body does most of the caring for itself without us needing to do anything.

It is, however, our responsibility to create the best environment we possibly can for our body and ourselves—and this does not need to be complicated, time-consuming, or expensive.

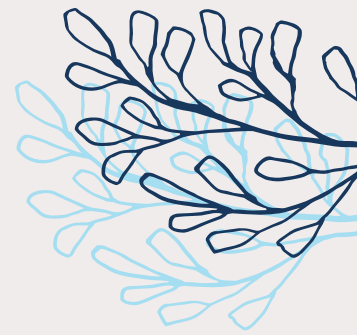
This workbook has been designed to keep things simple. So let's get started!



## Task 1.

Consider your musculoskeletal system. Take some time to appreciate all that your body facilitates on a day-to-day basis. For example, driving, walking, hanging clothes up—your musculoskeletal system does it all.

I appreciate that my body facilitates:



## Task 2.

One thing I am going to do to take care of my musculoskeletal system is: (for example, stretching, walking, attending an exercise class)

## Task 3.

Do you have any concerns/problems/pains with or in your musculoskeletal system? If so, what could you do about this? For example, see a healthcare professional for advice, commit to daily exercises, and use ice or heat more.



## Task 4.

Consider your mind and those 70,000 thoughts per day. Remember, if you need help and/or support with your mental health, reach out to your GP or a qualified mental health practitioner.

List 5 things about yourself that you really like. These can be personality traits and/or physical attributes.

1 ..

2 ..

3 ..

4 ..

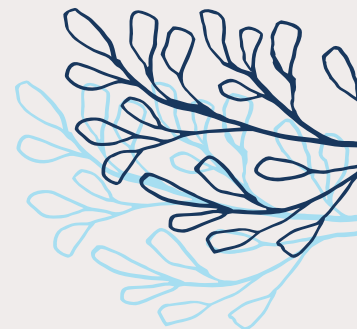
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## Task 5.

What can you celebrate today? This could be anything from parallel parking to a big win! Whatever it is, celebrate it!

Remember to honour yourself daily!





## Task 6.

Write a positive truth about yourself. Examples include: I am a kind person, a great friend, a good cook, good at looking after my body, great with animals, and/or a skilled gardener.

## Task 7.

List 5 things in your life you are grateful for:

1 ..

2 ..

3 ..

4 ..

5 ..



**“If you only had one pair of shoes to last you your entire life, you’d take really good care of them”**

Dr Monty Lyman

## Task 8.

Consider your gastrointestinal tract. Remember, if you have an existing condition or problem here, do not make any changes without first asking your GP or consultant. If you are unsure about a change you’d like to make, again, consult with your health care provider.

What one thing can I do to make a positive change for my gut health? This could be eating more plants, having a savoury breakfast, looking into fermented foods and how to add them to your diet, starting to scratch cook more, or maybe reading the labels of products and then making an informed purchase choice.