

Health Advocacy Checklist

Spiritual Foundations

- ☐ Reflect on relevant scriptures about healing, wisdom, and stewardship (e.g., 3 John 1:2, Proverbs 4:23).
- ☐ Journal about emotional and spiritual health challenges with prayerful intention.
- ☐ Identify spiritual practices that promote mental clarity (e.g., fasting, worship, meditation on Scripture).

Mental Health Stewardship

- ☐ Create a “Mental Wellness Map” listing triggers, coping strategies, and support systems.

Self-Advocacy & Communication

- ☐ Learn and practice respectful communication with healthcare providers (prepare questions beforehand).
- ☐ Keep a record of symptoms, emotional shifts, and relevant health concerns in a personal health journal.
- ☐ Research conditions that may affect women (e.g., hormone imbalances, autoimmune disorders, mental health patterns) and discuss them with a provider.

Health Screening & Tracking

- ☐ Set up an annual health check calendar (e.g., gynecological exams, thyroid tests, blood pressure, mental health assessments).
- ☐ Track cycles, sleep patterns, and medication/supplement routines with awareness of spiritual and emotional impact.
- ☐ Evaluate interactions between herbal remedies, prescriptions, and nutrition—seek professional input as needed.

Practical Tools for Wholeness

- ☐ Build a “Faith & Wellness Toolkit”: include affirmations, Scripture cards, breathing exercises, anointing oil, gratitude journal.

- [] Establish routines that nurture mind-body-spirit balance (e.g., Sabbath rest, nature walks, morning devotionals).
- [] Explore community healing practices—group prayer, worship nights, or wellness workshops with biblical themes.

Legacy & Empowerment

- [] Share your healing testimony within trusted spaces to encourage others.
- [] Mentor or support other women navigating similar challenges with love and grace.
- [] Revisit the checklist quarterly to reflect on progress and spiritual growth.