



Summer Refresh

Week One Workbook

Getting Familiar with the Fire Element
Healthy Boundaries 101
Journaling Exercise



Getting Familiar with the Fire Element



There are five elements in Traditional Chinese Medicine. The fire element is the most yang of the elements - action oriented, full of vibrancy, and very relational. Fire is associated with the season of summer. It is the time of year we have the most amount of energy and want to connect with others. Some other characteristics include:

CARDIOMETABOLIC HEALTH: The fire element is associated with the heart and small intestine, making the connection between cardiac and intestinal health.

JOY & ANXIETY: When in balance, the fire element allows us to feel joy and excitement. When out of balance, we can feel anxious and scattered.

LOVE & RELATIONSHIPS: This is the time of year we want to connect most with others. Summer flings exist for a reason!

You have more
energy in the
summer! You won't
need as much sleep
as the winter. Time
for action!

Getting Familiar with the Fire Element

SEASON	SUMMER
ORGANS	HEART, PERICARDIUM, SMALL INTESTINE, SAN JIAO (LYMPH)
EMOTIONS	JOY, LOVE, ANXIETY, RESTLESSNESS, BITTERNESS
SPIRIT	SHEN - BRIGHTNESS IN THE EYES
SIGNS OF IMBALANCE	HEART PALPITATIONS, RESTLESSNESS, ANXIETY, SOCIAL ANXIETY, INSOMNIA, DIFFICULT SPEECH, OVER TALKING, HIGH OR LOW BLOOD PRESSURE, SIBO, DIGESTIVE ISSUES, SWELLING, CHEST TIGHTNESS



Healthy Boundaries 101

Setting healthy boundaries is paramount for healthy relationships! During the most relational time of the year, it is so important to implement practices that ultimately bring you closer to others.

Implementing healthy boundaries begins with acknowledging and honoring your own needs in the dynamics with others. Spend some time journaling about what you need to feel joyful, happy, and at ease with others.

Too Firm Boundaries

Sometimes we implement boundaries very strictly, cutting off interactions with others. This can increase safety, but it can also increase loneliness. What skills need to be developed so connection feels safe instead (communication, nervous system regulation, safety, etc).

Too Loose Boundaries

Often when boundaries are too loose, there is a fear of abandonment. We can be scared that if we speak up for our needs, others will walk away from the relationship. It takes courage to vocalize our needs to create healthy relationship dynamics.

Remember that boundaries bring us closer, not further apart! If boundaries feel scary, start with setting boundaries with yourself by honoring your own needs before applying it to others.



Journaling Exercise

List out the three people you are closest to in your life. List if the boundaries with this person are too firm (closed off), too loose (people pleasing), or healthy (giving and receiving met needs). Underneath, list 3 small steps you can take to move closer into a healthy relationship.

BOUNDARY.....

ACTIONS

-
-
-
-

BOUNDARY.....

ACTIONS

-
-
-
-

BOUNDARY.....

ACTIONS

-
-
-
-

See you next week!

We now understand the dynamics of the fire element, how to set healthy boundaries, and evaluated the relationships closest to us in our lives.

We'll be meeting next week, Wednesday, June 25 for our second Zoom meeting.

See you then!



Do you need
more help?

[Schedule a Zoom](#)



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