# *Get Well Soon* Physical Needs Worksheet

 \_\_ I need a healing in my central nervous system (brain, spinal cord, nerves, etc.).

 \_\_ I need a healing in my sensory system (sight, hearing, feeling, smelling, tasting and balance, etc.).

 \_\_ I need a healing in my endocrine system (hypothalamus, pituitary, thyroid, adrenals, pineal body, etc.) .

 \_\_ I need a healing in my circulatory system (blood, all vessels, etc.).

 \_\_ I need a healing in my cardiovascular system (heart, blood vessels: arteries, capillaries, veins, etc.).

 \_\_ I need a healing in myrespiratory system (lungs, nose, pharynx, larynx, trachea, bronchi, alveoli, etc.)

 \_\_ I need a healing in my digestive system (mouth, esophagus, stomach, liver, gallbladder, small intestines, etc.)

 \_\_ I need a healing in my excretory system (large intestines, colon, rectum, etc.)

 \_\_ I need a healing in my urinary system (kidneys, bladder, etc.)

 \_\_ I need a healing in my reproductive system (ovaries, testes, uterus, etc.).

 \_\_ I need a healing in my muscular system (muscles, ligaments, tendons, etc.).

 \_\_ I need a healing in my skeletal system (bones, joints, teeth, cartilage, etc.).

 \_\_ I need a healing in my immune system (bone marrow, thymus, glands)

 \_\_ I need a healing in my lymphatic system (spleen, lymph nodes, ducts, tonsils, etc.).

 \_\_ I need a healing in my integumentary system (skin, hair, nails, sweat glands, etc.).

 \_\_ I need healing from a sleep disorder (insomnia, sleep apnea, narcolepsy, etc.)

 \_\_ I need healing from a genetic or congenital disorder.

 \_\_ I need healing from a metabolic disorder.

 \_\_ I need healing from a chemical mental imbalance.

 \_\_ I need healing from an autoimmune disease.

 \_\_ I need healing from weight gain, obesity, anorexia or bulimia.

 \_\_ I need healing from allergies.

 \_\_ I need healing from chronic infections.

 \_\_ I need healing from unexplained infertility.

 \_\_ I need healing from being crippled or lame.