



The Goddess Commune

Goddess Wellness Checklist

NAVIGATING HOSPITAL
VISITS WITH FINESSE



WELCOME TO YOUR GODDESS WELLNESS CHECKLIST!

“Every symptom has a story to tell about your life. A fascinating story, that can reveal the complex links between your body, mind, emotions and spirit.” -Kristina Turner

Five good reasons for making a checklist:

1. You know your body better than anyone, so you are its first healer.
2. Although doctors receive training in medical practice, they often “best guess” the problem based on your symptom(s). That practice includes implementing a “trial and error” approach to see what works best for your body. As such, a remedy can often be “hit or miss”.
3. The signals you receive that something’s out of balance should be taken seriously by a medical practitioner. Are they listening actively and recommending solutions that make sense?
4. Advocating for yourself and/or having an advocate is wise to ensure the best possible health outcome, because sometimes we can’t see “outside of the pain” to recognize the other dynamics that are in play.
5. Research shows that Black women and other women of color frequently receive substandard care, regardless of their education and wealth.

F. Olivia Shakir



A woman with voluminous, curly brown hair is smiling broadly, showing her teeth. She is holding a stack of several oranges in front of her. The background is a bright, slightly blurred indoor setting. A semi-transparent white box is overlaid on the center of the image, containing the text.

Be Your Own Best Health Advocate

The Goddess Commune

1 BEFORE YOU SEE YOUR DOCTOR

Could this illness be the outcome of the type of foods you've been eating recently, hormonal changes, environmental changes, stress, etc?

It might be helpful to think deeply about the possible cause of a new health imbalance or illness. Many have found that keeping a journal of your food intake, moods, daily activities, etc. can be helpful to understand what's going on. [Share this with your doctor.](#)

- Find out what your doctor specializes in.
- Make a list of your questions and concerns.
- Read as much as you can about your health concern(s). Use only reputable sources, e.g. Black Women's Health Initiative, etc.
- Decide if you need someone to advocate for you and/or accompany you during the visit. Learn your rights about this:

[A Patient's Guide: When Health Care Providers May Communicate About You with Your Family, Friends, or Others Involved In Your Care - PDF.](#)



You should expect to feel your doctor's sensitivity to your problem and experience a sense of safety while in their presence. Listen to your "gut" to guide you. (Many patients are uncomfortable with a doctor's bedside manner, and the expectation that the doctors' visit will be distressing causes "white-coat-syndrome" (nervousness, raised blood pressure, etc). Take slow, measured breaths and visualize "beauty and joy" to stay calm.

Know Your Rights:

- Do you feel comfortable in her/his office space?
- Are you able to fully explain all your symptoms and concerns and feel "listened to"?
- Do your doctor's responses and recommendations make sense to you?
- Are you comfortable with his/her diagnosis or remedy?

Follow up care after a doctor's visit can make the difference in your healing. It's important to seek out complementary remedies that will accelerate your healing and make healing it long-term. Lifestyle changes can be hard but you're not alone on your healing journey. Stay proactive by reaching out to your healing circle to learn more.

Write your action step here?



Do you have someone to talk to about the doctor's diagnosis or remedy?



Have you read and do you fully understand all of the side-effects of any medicines prescribed?



Have you considered any holistic healing alternatives or complements to your doctor's remedies?



Would you like to connect with someone who can talk to you about holistic (natural) healing? Email "info@thegoddesscommune.org".

NOTES





THANK YOU

We hope this Goddess Wellness Checklist will empower your next Doctors' visit. Continue to be your best health advocate . Be well, and thrive in good health!