



SUPPORTING THE PHYSICAL SIDE OF HEALING FOR THERAPY CLIENTS

Wellness Coaching for Clients Experiencing Stress-Related and Physical Symptoms

About My Work

Many individuals engaged in therapy continue to experience physical symptoms that affect their quality of life long after they have begun their emotional healing journey.

While therapy provides a space for emotional processing, trauma recovery, insight, and mental health support, many clients continue to struggle with the practical challenges of caring for their physical wellbeing.

Clients often recognize that prolonged stress, difficult life experiences, and ongoing life demands may be affecting their bodies, yet feel overwhelmed by where to start or how to consistently implement supportive changes.

My role is not to provide therapy or trauma treatment.

My role is to help clients develop sustainable health and wellness practices that support their physical wellbeing while they continue the important work of healing with their therapist.

Common Challenges Client May Experience

Many clients I support report challenges such as:

- Persistent fatigue or low energy
- Sleep difficulties
- Digestive concerns
- Chronic pain or tension
- Brain fog or difficulty concentrating
- Stress-related physical symptoms

- Feeling disconnected from their body's needs
- Difficulty maintaining healthy routines
- Overwhelm related to health recommendations
- Knowing what to do but struggling to follow through

How I May Support Clients

Through a collaborative coaching partnership, I help clients:

- Develop practical stress-management practices
- Build sleep and recovery routines
- Improve consistency with nutrition and hydration
- Implement elimination diets and wellness recommendations
- Create realistic self-care systems
- Establish sustainable daily habits
- Track symptom and lifestyle patterns
- Strengthen accountability and follow-through
- Navigate obstacles that interfere with health goals
- Develop greater awareness of how daily behaviors may influence wellbeing
- Create practical plans that support long-term wellness

Ideal Referral Clients

Clients may benefit from coaching when they:

- Are actively engaged in therapy and seeking additional support for their physical wellbeing
- Experience chronic physical symptoms that impact daily life
- Feel overwhelmed trying to implement wellness recommendations
- Want support creating healthier routines and habits
- Need accountability and structure between sessions
- Understand many of their patterns but struggle to create lasting change
- Desire a more intentional approach to supporting their health and wellbeing

Examples of Clients I Might Support

A client who has gained insight into the impact stress has had on their life but struggles to consistently prioritize sleep, nutrition, movement, and recovery.

A client experiencing fatigue, digestive issues, headaches, pain, or other chronic symptoms who feels overwhelmed by the number of lifestyle changes they have been encouraged to make.

A client recovering from burnout who wants support creating sustainable routines that support healing and restoration.

A client who understands the importance of self-care and nervous system regulation but struggles to consistently implement practices outside of therapy sessions.

A client who has been advised to make dietary or lifestyle changes but needs support turning recommendations into practical action.

The Distinction Between Therapy and Coaching

Therapy Supports:

- Emotional healing
- Trauma recovery
- Mental health treatment
- Processing thoughts, emotions, and experiences
- Psychological wellbeing

Coaching Supports:

- Health and wellness behavior change
- Lifestyle implementation
- Habit formation
- Accountability and follow-through
- Stress-management practices
- Nutrition and recovery routines
- Practical action planning

These roles are complementary and designed to support clients from different perspectives.

What I Do Not Do

To maintain a clear distinction from therapy, I do not:

- Diagnose or treat mental health conditions
- Provide psychotherapy or counseling
- Process trauma
- Conduct trauma treatment
- Treat anxiety, depression, PTSD, or other mental health disorders
- Replace therapeutic care

When issues arise that are best addressed therapeutically, clients are encouraged to continue those conversations with their therapist while our coaching work remains focused on health, wellbeing, and implementation.

Coaching Partnership

Private coaching begins with a three-month partnership designed to create meaningful momentum and support sustainable change.

Together, we focus on the areas of health, wellbeing, lifestyle, and recovery that need the most attention while developing practical strategies that fit the client's real life.

At the conclusion of the initial partnership, clients may choose to continue with an additional three-month coaching engagement or transition to ongoing monthly support.

About Krystal Roberts

Krystal Roberts is a Transformational Nutrition Coach, AIP Coach, and Life Coach who specializes in supporting women experiencing chronic symptoms, stress-related health challenges, and wellness concerns. She helps clients create practical, sustainable changes that support greater balance, regulation, wellbeing, and quality of life while working alongside their healthcare and mental health providers.

To learn more or discuss a potential referral:

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