

# THE SEXUAL HEALTH AND WELLNESS CHECKLIST

Dr. Laura Berman



**Congratulations on taking the first step towards a healthy and fulfilling sex life! Use this checklist to assess your sexual health and wellness and identify areas that may need improvement.**

### **Step 1: Assess Your Physical Health**

- Schedule a routine physical exam with your healthcare provider and make sure your hormonal levels are measured and deemed normal, and that there are no medical conditions or medications that are affecting your desire or response.
- Discuss any sexual health concerns or questions you may have, such as contraception, STI testing, or sexual function complaints
- Consider your overall physical health, including diet, exercise, and sleep habits, which can impact sexual wellness

### **Step 2: Evaluate Your Emotional Well-being**

- Reflect on your emotional state and how it may be affecting your sex life
- Seek support from a therapist or counselor if necessary
- Consider incorporating mindfulness practices, such as meditation or yoga, to manage stress and anxiety that may be negatively impacting your sex life.

### **Step 3: Review Your Relationship Dynamics**

- Evaluate the quality of your relationships and communication with your sexual partner(s)
- Discuss your sexual needs and desires with your partner(s)
- Consider seeking couples therapy or sex therapy if necessary

### **Step 4: Explore Your Sexual Preferences and Desires**

- Reflect on your sexual preferences and desires, including fantasies and boundaries
- Communicate your desires to your partner(s) and experiment with new experiences
- Use the tips and techniques provided in the 7 Days to Better Sex course to enhance your sexual experience

## Step 5: Stay Educated and Informed

- Stay up-to-date on sexual health and wellness information through reputable sources
- Consider taking courses, attending workshops, or reading books on sexual health and wellness
- Stay curious and open-minded about your sexuality

If you're looking to dive deeper into the world of sexuality, don't miss out on our recent podcast episode "Female Ejaculation: Real or a Myth?" ([click here to listen](#)) and stay tuned for more valuable content on how to improve your sex life, including our upcoming 7 Days to Better Sex course.