

BALANCE



ENGAGEMENT

STABILITY

MOBILITY

ENGAGING EQUILIBRIUM

Question: Do you feel clumsy or ineffective in your thoughts or actions?

Neural Nugget: Stress and balance do not co-exist; you are either in one state or the other. The best way to shift from stress to balance is to do physical activities that require you to engage a sense of physical equilibrium and return 'home' to homeostasis.

Description:

- Choose one foot to be your anchor, and put your hands on your hips or out stretched to either side
- Then raise and lower your other foot off the ground to various heights and in different directions
- Change your anchor and lifting leg and repeat the activity again

Notice: Do you feel more centered and balanced? Are your thoughts clearer? Are your actions more fluid?