

Balance and Physical Movement

Monday Motivation

6/14/21

A balanced body is a powerful way to encourage and maintain alignment and progress. I am not referring to the need to work out, nor create a specific look, it's about understanding that when we feel vitality and well in our bodies, we more easily and organically trigger empowering emotions and mindsets. It's the foundation in maintaining positive mindset and emotions, and it feeds motivation. Also by engaging our physiology through movement, we can very quickly and effortlessly move out of a negative space when feeling off or overwhelmed. Movement helps move stagnant energy for more empowering energy to lead us, it encourages our bodies to productively release and clear biochemicals that can impact our mood, and it can trigger peak states of performance.

No matter our background and history, we have a set physiological responses that get triggered when specific emotions and thoughts arise. If you are feeling really negative and overwhelmed, you may find yourself slumped over, avoiding eye contact, and withdrawn. By proactively choosing to stand straight, take in deep breathes, and make eye contact, you can quickly shift into a better space. Even choosing to move your body by walking, dancing, stretching, and other forms of movement, you can trigger a profound and quick shift in how you are feeling.

Please take the time to fill the chart below, this will be a visual tool you can use to identify the most supportive forms of body movement. What gets identified can be part of your daily practice and/or as needed when you are wanting to shift out of feeling sad, angry, and/or overwhelmed.

When you complete the chart, return to this section and write down the top 3 ways to move your body. Then identify how you can plug them into your routines for self- empowerment.

- 1.
- 2.
- 3.

Instructions:

1. List up to 10 forms of movement you have tried in the past or are open to trying today or in the near future.
2. Identify if it supported your wellbeing. If it is a body moment you have not tried before, leave it blank and fill out once you try it.
3. Identify if it felt good in your body. If it is a body moment you have not tried before, leave it blank and fill out once you try it.
4. Just because we change, and what once worked does not mean it will work for us now with current health, age, or responsibilities. Indicate a YES or NO if it is something that can still support you.
5. Then identify if it's a movement that you can commit to daily or weekly. If it's a yes, write daily or weekly. If you indicate weekly, write how many times a week. If no, write no.
6. If it's a movement that still honors you, indicate if it be a good movement to do when you are looking to shift your mood, mindset, or energy.

