

Earth, Wind, Fire and Water for Life Balance



GUEST CORNER

LIZE LUBBE

involvement, and setting boundaries to prevent burnout.

5. Spiritual Balance:

Reflective practices such as meditation, mindfulness, and prayer can nurture spiritual growth and provide inner peace. Connect with nature can foster a sense of interconnectedness with the world and promote mental clarity.

Strategies for Achieving Life Balance

Achieving balance in your life is an ongoing process that requires self-reflection and commitment:

- Set priorities to focus your attention on the problems currently restricting your well-being.
- Create a balanced schedule to find time for work, leisure, exercise and social connections.
- Practice mindfulness to enhance self-awareness and reduce stress daily.
- Reevaluate your balance checklist regularly, adjust and make amendments as needed.
- Seek support from a professional when you feel overwhelmed.

PRACTICAL SUGGESTIONS TO START YOUR WELL-BEING OFF ON A GOOD START FOR 2025:

Set realistic and achievable goals to make changes. Start with small, simple steps on which to build as you get motivated. Integrate the four basic elements of life. They are symbolical and integrating them in a therapeutic way in our life can enhance and bring positive changes in your day-to-day equilibrium:

- 1. Earth:** the earth is our strong foundation and keeps our body and mindset grounded. A strong core foundation in our body is crucial to your upright posture and keeps you connected with nature.
 - Get grounded: stimulate your feet nerve endings by taking your shoes off and roll your feet around on a small ball, pick up paper scrunches with your toes, or trace the alphabet in the air with your feet.
 - Connect with nature by taking daily brisk walks for 15-20 minutes. Focus on using your core as a strong foundation to help support your body. Start with simple steps: every hour when you exhale try to suck your belly button into your spine, squeeze your Glutes, pull up your pelvic floor and tighten your abdominal muscles. Take a deep breath in and relax all your muscles. Repeat ten times.

2. Air: every breath you take delivers oxygen and fuel for your body and brain. It helps you stay focused, relaxed, and helps with the movement of your body and the expansion of our mind. Take deep breaths through your nose and feel how

the air travels deep into the base of your lungs, expands your ribcage, and expands your diaphragm, and then feel how your whole body relaxes as you exhale. Include deep breathing when you walk.

3. Fire: fire represents the energy and vigor to act. The warmth from the sun and the heat from our bodies help with pain relief, reduce joint stiffness, and improve mobility. Feel the warmth of the sun fill your body with heat as you walk outside and get energized. Move around either dancing in your kitchen, doing Yoga, Pilates, or any form of exercise. Movement increases circulation in your body, it reduces pain and stiffness and helps with muscle flexibility.

4. Water: water keeps you hydrated and symbolizes your creativity and adaptability.

Stay hydrated by drinking water throughout the day; it helps with bodily functions and keeps us energized. Water symbolizes fluidity and healing and how to adapt to your changing body. Take time every day to be still and focus on your own emotions and how it affects your actions as well as how it affects the people around you.

At LLPT, our team of therapists incorporate holistic, healing principles, mindfulness, and the integration of various therapeutic approaches to restore and enhance patients' overall well-being. We address all four basic elements in the rehabilitation of patients: 1) earth - helping you with pain-free movement, working on core and stability exercises; 2) air - guiding you to use correct breathing techniques during all movement and daily activities; 3) fire - prescribing dynamic, coordination movement to energize and improve your balance; and 4) water - adding positive motivation and encouragement to continue with individualized home exercises.

Have you made your New Year Resolutions? Research by Pew Research Center of January 2024 show that 79% of individuals who make New Year Resolutions prioritize health, exercise and diet.

The start of the New Year often brings a sense of renewal and an opportunity to reflect on our physical well-being. After the holidays, many individuals feel out of sync, both physically and mentally, whether it's from seasonal festivities, a lack of routine, or simply the challenges of daily life. Regaining balance is essential for overall health. A New York Times article of December 7, 2024, addresses how physical therapy not only helps you recover from physical injury, but can assist you in developing a healthy routine to prevent injury and improve mobility. This article explores how physical therapy can aid in restoring your balance and enhance overall quality of life in 2025.

UNDERSTANDING WELL-BEING BALANCE

General balance in life refers to the ability to maintain a healthy equilibrium among various aspects of your well-being, including physical, emotional, mental, and social. Achieving balance is crucial for overall happiness, productivity and fulfillment. What constitutes balance in different areas of life and how we can strive to achieve it?

1. Physical balance: Maintaining a healthy body and lifestyle includes the following:

- Exercise: A combination of cardiovascular, muscle strength, flexibility, mobility, center of gravity balance and functional movement.
- Nutrition: A well-rounded diet that helps sustain energy levels and healthy habits.
- Sleep: Adequate rest is essential for recovery and mental clarity.

2. Emotional Balance: Managing your feeling and maintaining a positive state of mind:

- Self-awareness: Understanding your emotions and their triggers helps you respond, rather than react to challenging situations.
- Stress management: Implementing techniques such as mindfulness, meditation or yoga can help reduce stress and promote emotional stability.
- Healthy relationships: Surrounding yourself with supportive friends and family contributes to emotional well-being and provides a buffer against stress.

3. Mental Balance: Clarity and focus in your thoughts and decisions by continuous learning, work-to-life integration and limiting digital distractions.

4. Social Balance: Quality time when engaging in a conversation, community

Lize Lubbe is the owner of Lize Lubbe Physical Therapy with its main practice located at 892 Route 35 in Cross River and a PT Studio in the premises of Apex Fitness (where her team focus on the rehabilitation of sports-related injuries). Learn more by calling 914-875-9430, emailing contact@lizeubbept.com or visiting www.lizeubbept.com.



We are hands on PTs!

The professional services of the team at

Lize Lubbe Physical Therapy

include:

- Pre & Post Surgery Rehabilitation
- Sports Injury Rehabilitation
- Neurological Rehabilitation
- Treatment of Musculoskeletal & Orthopedic Conditions
- Postural, Balance & Gait Training
- Pain & Headache Management
- Body Rebalancing through Diaphragm, Breathing & Pelvic Stability



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