

- Lifestyles

Improve your life energy

BREATHE: IT CLEANS BODY, NOURISHES CELLS Restore balance, find joy and peace amid the world's busy pace.

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With so much happening in the country, it's good to actually take time for yourself and breathe. The much talked about fuel prices increasing, rates going up and work overwhelming you, it's good once in a while to take things easy and not stress about life. We must take care of all three components of ourselves, practising compassion and balance in order to truly enjoy the gift of life to its fullest.



The following is a list of simple ways to increase your life energy now, restore balance and find joy and peace amid the world's busy pace.

1.

Breathe. Seems silly, but many of us do not notice our breath. Our breath is our life, yet when we are stressed or rushed it is not uncommon to shallow our breathing which deprives our cells of precious oxygen.

Take a moment right now to take a deep inhale of life-giving oxygen all the way in through your nose and exhale all of the toxins out through your mouth. Each breath cleans our bodies and nourishes our cells.

2.

Get some fresh air. All day, every day. Fresh, circulating air, the smell of trees, the sounds of birds and leaves, the sun, these are here by no mistake. Our bio-rhythms depend on these elements.

Everyone can make time for a few minutes outside between tasks, a walk or even simply opening a window. This simple act connects us to our environment, reminds us that we are all part of a greater whole, restores our energy and helps us establish and keep regular healthy sleep patterns.

3.

Put yourself first. Sound selfish? Not at all! Putting yourself first doesn't mean you are uncaring. It means you are caring for you and your well being.

Without personal health we cannot put our best positive energy into all we do. It's okay to say no, to stay in once in a while, take a hot bath instead of a phone call and to take care of your own needs first.

When we are rested (mind and body) we can once again head out into the world as warriors to help those around us and contribute in a positive way. Even during the most hectic of days we can all find a few minutes to meditate. Allow yourself to be silent and still, push all the business out of your mind even for just a few minutes.

You deserve it.

4.

Drink more water. Our bodies are primarily made of water. It cleanses our physical bodies, carries nutrients to our cells, give us energy...life.

Start sipping when you wake up and sip throughout the day for increased energy and health. The fountain of youth lies in the fountain itself.

5.

Eat more greens! Green is the colour of chlorophyll, the green component of plants which is the material manifestation of the sun's intangible energy. It is pure life and what we were designed to eat in abundance.

Green vegetables are vital for the maintenance of our bodies' proper PH balance. Processed foods, chemicals, medications, environmental toxins, alcohol, meat, some grains and artificial ingredients are all acidic.

6.

Stretch, dance, move and play. We all know that exercise is essential to our well being, but often we put so much pressure on the act of "working out". Just what we need... more "work", right? Lighten up.

Take a walk, play with a pet, your kids, with a friend or spouse or by yourself. Break down the walls of rules and do whatever makes you feel happy and free. If you enjoy the gym, machines and dumbbells, go for it. Take a walk, dance, do yoga, tai chi, climb a tree, make up your own new ways to move. It doesn't matter what you do, as long as it makes you feel good. by