



THIS MONTH'S FIND  
ANOTHER GOLDEN NUGGET

# A Dose of Self-Care

**No matter what age you are, maintaining a strong physical balance is essential to continuing your daily activities. Many factors affect your balance including your inner ear as well as your posture and mental stability.**

It might sound strange, but your inner ear has one of the strongest influences on your ability to balance. The inner ear contains hairlike sensors that understand head motion and your head's relation to gravity. The ear, along with your body's somatosensory system, send signals to the rest of the body to recognize that you are grounded beneath your feet. Your brain takes all of this information to plan your next movement and carry it out.

Additionally, good posture affects your balance as it involves standing up straight and centering your weight equally over your feet. It also helps you maintain good form while exercising which results in fewer injuries and greater muscle growth. Likewise, a good balance is characterized by having fast reaction times, steady movements and sharp attention—all things that keep your mind active. Working on your balance can give you the ability to continue doing activities you enjoy (like walking, dancing, etc.) and set reassurance in yourself. With increased physical stability, you'll have more confidence in your ability to perform and thrive.

Work on your balance:

**Stand near a sturdy chair or counter for support.**

- Keep your feet hip-width apart and your posture upright.
- Slowly lift one foot off the ground, balancing on the other leg.
- Hold for 10-15 seconds, then lower your foot back down.
- Switch legs and repeat.
- Perform 3-5 repetitions per leg, gradually increasing hold time as you improve.

