

Cultural Daily

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That Whole Wellbeing Thing: How to Acro Care for Your Body & Mind

Our Friends · Friday, May 3rd, 2019

Our lifestyles have become fast-paced due to advances in technology and the state of the economy. Everyone works hard and apart from having to focus a lot of energy on our jobs, we all try and fit the rest of our lives in the remaining time we have each day. We are constantly multitasking, rushing, and working hard to do everything we planned each day.

Even though this lifestyle might feel fulfilling, it takes its toll on our health. Even though we have the best technology and healthcare available today, we don't take care of our bodies and minds until something is actually wrong.

This is why we decided to give you several simple tips that can help you take care of both these things even on an incredibly busy schedule.

How You Look is How You Feel

The first important thing is the way you look. Let's face it, we all want to look good and we all want other people to like us, even if we are married or in a committed relationship.

Getting attention gives us confidence and helps us feel better about ourselves. On the other hand, if you look good to yourself, you will feel better and get that boost you need every day.

Take care of yourself and make an effort to look good. If you are a woman, make sure to take care of your hair, put some makeup on, use face creams, and so on. On the other hand, if you are a guy, look for ways to appear more masculine, get an interesting haircut, or even [consider growing a beard](#). Nothing to lose on this front – after a couple of months you reach the conclusion that facial hair isn't your thing, you shave it, just like that.

Don't be scared of trying to look good. Remember that others do this as well and putting in some extra effort to make yourself more attractive is a good thing. For example, if you do grow a beard, make sure to [groom it properly](#) and use the right products to nurture it.

FOMO is Overrated

The "Fear of Missing Out" is a concept that is making a lot of people feel anxious or depressed. In modern society, it has almost become a competition centered on what people are doing, where they are traveling, how much money they are making, and so on. What's even worse is that all of this is

enhanced through social media.

Social media can make other people seem better than they actually are and looking at their lives through the platform might make you feel bad, underachieving, and empty. In reality, everyone is trying to look good on social media and someone probably thinks you have a cool life and they are obsessing about you.

Just focus on the present and on yourself. Don't look what others are doing and definitively look to spend less time on social media. In the end, don't put too much pressure on yourself and accept the fact that you can't do it all.

Your Body is Your Acrobatic Instrument

Your body will always look the way you treat it, there is no way around that. No matter what food you eat or how much you sleep, you can't expect your body to be in good shape and look good unless you do some work. What's even better is the fact that by exercising an hour every other day you will be able to get the desired results.

It doesn't require a whole lifetime to get a better physique and feel better. Having a well-trained body is good for many reasons. First of all, when you exercise, you will look better and this means that you will feel better.

On the other hand, exercising has been proven to help reduce the risk of cardiovascular diseases, diabetes, high blood pressure, and can prevent many other diseases. Consider going to the gym, swimming, running, riding a bicycle or joining some [Zing acro yoga events](#); acroyoga is a growing segment of physical activity that combines yoga and acrobatics – talking about body & mind, this is the ultimate fusion. No wonder the global acro community is growing constantly, holding festivals and workshops in a growing pace.

You are Already Special the Way You Are

Most of us get caught up in chasing things that we think are going to make us feel better, but this is not always the case. In this age of consumerism, our society is constantly telling us that we need to have something that everybody else has, but this is not true.

You are not going to be better and more satisfied with yourself when you have expensive things. You need to look inward and take a look at yourself. Get to know who you really are and cherish yourself. Don't go after the things that everybody wants.

You will only be special when you learn your unique sides and what you love, not when you have the same thing that everybody else wants.

Try to stick to the rules we talked about today and we guarantee that you will feel better, both physically and mentally. These two aspects of our life are usually tightly connected and when you improve one, the other one improves as well.

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