

Article by Ani Neradilkova  
Kinesiologist and Connected Breath Facilitator

Teachers are having a hard time these days continuously meeting new demands in the workplace whilst balancing personal relationships, mortgages and children. We look at how wholistic kinesiology can assist in this balance and explore the benefits of kinesiology and how the unconscious mind communicates powerful messages to us all the time via our feelings, thoughts and body.

Teaching is a profession involving direct and daily engagement with communities. It's a communicators' profession. It's a giving profession. It demands emotional intelligence.

### **1. What is kinesiology**

Kinesiology is at the forefront of people who manage stress. People are looking for longer term solutions and no longer looking to just fix problems. Numerous clients walk through my door saying "I no longer want band aid solutions!"

Kinesiology supports a longer term health picture so that you are supported to STAY healthy and happy, so that you connect with your body and recognise how your body communicates with you. It is in being *willing* to listen to the body that we start to build a bridge to a happy and healthy life.

Kinesiology literally means the study of movement. A holistic kinesiologist primarily pinpoints certain stresses that compromise you in living a life you want. By recognising how your body responds to these stressors we help your body find a solution again. Stagnant energy is one of the greatest contributors to disease. By moving stagnant energy whether it be nutritional, mental, emotional or energetic, balance can once again be restored.

Kinesiology is holistic modality in that it addresses all aspects of a person:

**Mental** - thoughts, fears, beliefs - inherited or learned

**Emotional** - feelings

**Structural/ Biochemical** - bones, muscles, organs, physical tissues, nutrition, digestion, neurological responses, genetics - anything physical

**Energetic** - meridian acupuncture pathways, chakras, sound, light, vibration

Because kinesiology works on all these levels it is able to access solutions from all these levels.

## **Stress vs distress**

We all need stress in our lives. It motivates us to live. This is natural, however most people are living in distress where they simply are not coping or are in denial of how much stress they are under.

Leading an unbalanced life and in constant distress causes anxiety disorders, mood disorders, nutritional imbalances, irritability, relationship breakdowns, communication breakdowns and the list goes on.

With the assistance of the kinesiology, these are just some of the areas we can help you with:

- Confidence and Motivation
- Gaming Addiction
- Spiritual transformation
- Stage fright
- Finding your identity
- Performance Anxiety
- Phobias and Fears
- Life direction and inspiration
- Fulfillment
- Joy
- Forgetfulness
- Learning and concentration
- Weight loss
- HSC exam stress
- Pain
- Depression
- Mental illness
- Abundance
- Communication
- Solution
- Overcoming Grief and Loss
- Preparation for exams
- Preparation for life challenges
- Support disease
- Support Chronic Illness
- Nutrition and Sensitivities
- Poor posture
- Lifestyle balance

## **Body Talks:**

Our body is a powerful indicator. Our body is our vehicle in life to take us where we want to go and to do the things we want to do. What happens when it does not work that way? We get tired, lose energy, life passion, sore, unhealthy, lose mental clarity and direction etc. Life can go off track for sometime until we face a great enough challenge to re-evaluate and take stock of where we are at again.

Example: how emotions block our muscles.

## **RECUPERATION**

This is an underestimated area of our wellbeing. In a fast pace heroic approach to life where success or satisfaction is measured by what gets done, not much time is put aside to recover and integrate the personal and professional challenges we experience.

Kinesiologists explore your ability to effectively recuperate and bounce back from distress and challenges.

**SOLUTIONS** - Kinesiology creates solutions by changing lifestyle habits, thoughts, emotional reactions and retraining your neurology to create changes you want.

Below are a few simple things you can do right now that could be the change you are after.

Some Practical tools:

1. Get a kinesiology balance and get back on track - perhaps check in every few months for a tune up.
2. Boundaries -set appropriate boundaries
3. Making choices that put control back into your life - this can be as simple as choosing the right meals that nourish and make you feel good again
4. Get enough sleep, or schedule "cat' naps or deep breathing breaks
5. Do a relaxation technique. - breathe through the diaphragm. Relax the chest and let the belly balloon out to let the maximum amount of breath in.
6. Write down your values and make a choice to live by them - we are value driven beings. Whether we like it or not we are always acting in line with conscious or subconscious values. Values are things that are important to us and we can tell what these are by considering what we spend time and money on, what we dream about, what we can do timelessly, boundlessly and limitlessly, what we love, what triggers us etc...
7. Bringing "me" back into the equation
8. Choose joy and what makes you truly happy - hint: its often the very simple things. Happiness is not complicated, humans just make it so.

9. Avoid self medicating with alcohol and drugs - this just puts more energy into the roller coaster of ups and downs.
10. Express you feelings - imagine you are speaking from your heart without limitation. Let yourself cry or laugh without reason - even if "they " think you are crazy! You are simply moving blocked energy by letting it out and letting it go.
11. See challenges as opportunities - remember that a solution is always within your means and that you actually do not have more than you can deal with on your plate when you take a step back and calmly re-assess the situation
12. Recognise if the stress or problem is about you or is yours? - sometimes we take more responsibility than we should for issues, events or feelings that are not our own and that we have no control over. "If it ain't yours, don't carry it!"

Many of the above suggestions are very simple and are about practising mindfulness. The main point here being that if you are mindful of factors that cause you stress and make you uncomfortable, you will be better able to redirect your energy into putting yourself into a stress free and loving environment where you can thrive once again and experience your maximum potential. Having a solid, healthy and joyful big picture in mind we are able to face challenges day by day, step at a time. Choosing one strategy from the above could be the change needed to move things along again and put the most important person in the world back into the equation - YOU.

Ani Neradilkova is a Kinesiologist and a stress management specialist. Founder of Kinessence, her background is in Psychology at Sydney University, Kinesiology and Connected Breath work. In a space of clarity and compassion, Ani facilitates you to release, resolve and truly celebrate unique solutions for YOU. Ani runs workshops called Inspiration and regular Connected Breath Meditation evenings. She has been a professional trainer for 7 years and facilitates corporate and group training sessions. She is a Level 3 kinesiology practitioner (AKA #2039) and is the producer of Inspiration - Journey with Breath CD.

For more on Kinesiology ask Ani or the Sydney Kinesiology Association. We are here to assist in the most appropriate change for you.

Kinessence Clinic

Address: 10/ 21 Wharf Rd  
Gladesville NSW 2111  
Australia

Email: ani@kinessence.com  
www.kinessence.com

Phone: (+61) 0414 452 330

NSW Kinesiology Assoc

Address: P.O. Box 352  
Ermington 1700

Phone: 1300 780 641

E-mail: knsw@akakinesiology.org.au