

5 Elements of Self-Regulation

Earth

Virtue: Presence

Physical	<ul style="list-style-type: none">• Groundedness• Endurance
Psychological	<ul style="list-style-type: none">• Focused, grounded presence• Patience
Imbalanced	<ul style="list-style-type: none">• Lack of physical or psychological stability• Uncaring/unfeeling stance• Resistant to change even when appropriate/necessary
Balancing Practices	<ul style="list-style-type: none">• Grounding• Concentration

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Water

Virtue: Compassion for self + others

Physical	<ul style="list-style-type: none">• Nourishment• Strength
Psychological	<ul style="list-style-type: none">• Empathy, caring, compassion, kindness, contentment
Imbalanced	<ul style="list-style-type: none">• Using food as self-medication• Under-nourishment• Weight or fluid imbalances• Empathy fatigue
Balancing Practices	<ul style="list-style-type: none">• Good nutrition• Relaxation• Lymph circulation• Whatever gets you into flow states• Compassion

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Fire

Virtue: Clarity

Physical	<ul style="list-style-type: none">• Body heat• Capacity to digest and assimilate food• Hormonal function
Psychological	<ul style="list-style-type: none">• Clarity (digestion of sensory, mental and emotional information)• Decisiveness• Effective problem solving skills
Imbalanced	<ul style="list-style-type: none">• Digestive problems• Inflammation• Anger, blaming, impatience
Balancing Practices	<ul style="list-style-type: none">• Toning• Skillful communication• Forgiveness, kindness

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Air

Virtue: Curiosity

Physical	<ul style="list-style-type: none">• Circulation• Coordination of bodily movements• Nervous system
Psychological	<ul style="list-style-type: none">• Curiosity• Creativity• Enthusiasm• Adaptability
Imbalanced	<ul style="list-style-type: none">• Circulation or coordination problems• Muscle pain and stiffness• Fear, anxiety, unfocused, mood swings• Avoidance, unable to complete work, loss of meaning in work
Balancing Practices	<ul style="list-style-type: none">• Exercise• Abdominal breathing• Body centered awareness• Gratitude• Sleep

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Space

Virtue: Openness

Physical	<ul style="list-style-type: none">• Proprioception• The spaces in the body ie. inside the nose, throat, lungs, GI tract
Psychological	<ul style="list-style-type: none">• Work/life balance• Good personal boundaries• Easy going, open, inclusive, capacity to relax mental activity
Imbalanced	<ul style="list-style-type: none">• Spaced out• Disturbed work/life balance• Obsessiveness• Loss of sense of identity in the work
Balancing Practices	<ul style="list-style-type: none">• Exercise• Setting intention• Organizing priorities/work space• Meditation