



Full Potential

Physical Therapy

ATTITUDE, MOTIVATION AND MIND GAMES

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ATTITUDE, MOTIVATION, AND MIND GAMES

I dare say there is not a person in this world that does not have more than ample motivation within themselves. The truth is, we are all motivated, the question is more about what direction does our motivation point us?

As we move into the new year this idea of motivation comes to the surface again like it has on multiple occasions after the holidays. Advertisers take advantage of our preoccupation with it by presenting multiple ways to improve ourselves just after we complete the holidays, where we are enticed to eat, drink and be merry.

It seems they like to play us like a yo-yo - pulling first to indulge and then when to their advantage, pull us in the opposite direction with weight loss products, exercise equipment and throw in a bit of guilt to motivate some buying. It is all about selling products and coordinating that process with the natural draw of the holidays and our desire to start more healthy habits with the new year.

Motivation emerges from some corner of our mind and can have a powerful effect on steering us toward a brighter future or as well pull us eventually into difficult circumstances.

I too could follow suit and talk about all the variety of ways to exercise and start some new habits. Yet, this idea is going to get hammered for the next 30 days, so how could we change it up a bit? I do think the topic of motivation is an interesting area of investigation. Motivation emerges from some corner of our mind and can have a powerful effect on steering us toward a brighter future or as well pull us eventually into difficult circumstances. How could we influence this area to slant us in a more positive direction?

When it comes to exercise, I have always tended to counsel patients to train their minds first before they try to train their bodies. Starting too vigorously is a great way to create a revolt in disciplining one to stay consistent in their program. Better to start with a 15-minute walk which develops into a regular habit

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then burst on the scene with a 60-minute heart pounder only to fad by week's end.

Sometimes the mind can be a tricky commodity when trying to initiate some discipline and starting light and easy is a good way to not create any negative backlash three days into the new year. Yet, could there be an even more simple place to start, to begin this journey of becoming more understanding of how to create a positive beginning to the new year? Sometimes it is helpful to step back even further than starting easy and not "poking the bear" so to speak and it would still have everything to do with motivation and attitude. These two key intangibles play an important role not only in the long-term exercise game but in every aspect that our lives are involved.

Attitude and motivation reside in our ever so ill-defined boundary of brain, mind and perhaps even spirit. Sometimes the question can be framed by asking "How can we keep the right attitude in life to promote the positive in and around us?" That "us" would include our body too, positive vibes start somewhere and when the body is bathed in the positive vibe of our mind, then we have a better foundation to move forward with not only just an exercise program but all things related to our daily challenges.

Yes, this "exercise" could challenge us far more than any physical program because it knocks on the door of how we look at life. We live in a world which has been for some time and is even more so now, consumed with the promotion of the negative and it is not difficult to see how our attitude can get soured by being inundated by such a barrage.

Well, the simple of it is, we need to be motivated to play the game of noticing. It is game-like because it requires us to be able to discriminate and identify the positive in life where it is not so obvious.

When our mind has been conditioned to see the world as one big conflict, we can get unconsciously drawn

into projecting that negative picture into all corners of our lives with unnecessary consequences. So the question becomes, "How could we shield our attitude and keep our motivation free from the world's game of painting life to be darker than it is?"

Well, the simple of it is, we need to be motivated to play the game of noticing. It is game-like because it requires us to be able to discriminate and identify the positive in life where it is not so obvious. At times, the conditions could be quite unfavorable to find the positive but here is where the game is. When one's attitude is that the positive is a potential in the moment needing only some of our attention to help it grow, then are we not more in charge of the world we see?

The beautiful thing about playing this game - finding the positive - is that it nurtures a skill in our perception which then has the potential to change our inner and outer world by becoming our frame of reference. How and where it grows is unique to each but such a process builds on itself just like the sun bathes even the smallest plant with its rays to help it grow and become fully mature.

Each of us can be challenged differently by this game and it is quite easy to go into agreement with the negative narrative in our world but if we had an army of humanity deciding to live life looking for what is right versus wrong could we not make our world and our personal lives better? And speaking of better, we tend to only acknowledge what is wrong in our bodies too. We get a pain and our attention spends its day acknowledging it presents to only make it affect our lives even more.

What if, as a daily routine, we acknowledged our bodies by identifying or "noticing" what is working well. Could such a practice put us into a better relationship with our bodies and help us avoid painful conditions? Acknowledging what is right in life tends to promote more of what is right, right? Certainly, we have all seen this natural law work against us. In fact, could this not be why the world looks as it does? Does not the media do a great job of fanning the flames of negativity and in our ignorance we just "buy in" to what they are promoting?

As another validation to the idea of looking for the

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HELPING DURING THE HOLIDAYS

Thank you!

We're so grateful to all of you who helped build and donate bags for Hope Pkgs. These First Night bags will be given to children entering the foster system here in Michigan, providing them with the essentials they may not have otherwise. Thanks to your generosity, we are able to donate 15 full bags!



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ATTITUDE, MOTIVATION, AND MIND GAMES

positive to help change the world, I think of all the discoveries that have helped mankind which began by being a student of observing and noticing what no one else has seen. Galileo, Copernicus, Pasteur to name a few were students of observation and we certainly can see how these and others have advanced life through this principle. Even in the care of my patients, I have had to step back and “notice” what I am missing.

Like I said, this “exercise” can challenge us more than any physical program but in effect, through its successful implementation over time, could it not lighten up our minds, our relationships and even our bodies to make life flow more easily? Such a manifestation can give more reason for hope, and perhaps help us make changes on many levels, whether it's health, marriage, work or just helping balance out the negative in the world.

The beautiful thing about playing this game - finding the positive - is that it nurtures a skill in our perception which then has the potential to change our inner and outer world by becoming our frame of reference.

There is no major New Year's Resolution needed, just make a commitment to notice what is working vs. what is not, find beauty where it isn't obvious, find what is right in the sea of wrongness. It is all there to find; it

is just a game of noticing – kind of like what you have to do in the book “Where's Waldo.” And, what if you made an agreement with your spouse to operate like this as a family? Synergism can take some of the effort out of life and getting an agreement could be a 1+1=3 or more in effect.

Well, I traversed into a completely different direction on the topic of motivation and attitude but I hope one which may help you and me be more successful in all of life's directions.

To Finding the Positive,

Vincent Hanneken, PT/Owner

FULL POTENTIAL AND UNITED HEALTHCARE

As a general rule, Full Potential has tried to build relationships with all insurance companies since its beginning. We work with most of the majors and minors in our area and this also includes United Health Care. However, it has come to the point where the demands UHC put on us are just not worth the effort for a number of reasons.

We have tried to negotiate a better relationship with them, but they were not responsive. As a result, we will no longer be participating with them for 2022. This means if you have this insurance, we can still help you, but it will have to be on a private pay basis.

We regret any problems this may create for you. We will finish treating any UHC patients who are currently with us but will not be accepting any new patients after the first of the year. If you have any questions about this change, please call our billing department and talk to Renee.

Regrettably,

Vincent Hanneken, PT/Owner

PLAY THE REFERRAL GAME

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Your Name

Our New Patient's Name!

Date Of Referral

At Full Potential, we know that a referral from our patients is the biggest compliment.

Let us thank you with these 3 simple steps!

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2. Give this coupon to family and friends!
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Receive a Meijer gift card to those that refer us to a patient!

EXERCISE ESSENTIALS

LUNGE

start by standing with feet shoulder-width-apart. Next, take a step forward and allow your front knee to bend. Your back knee may bend as well. Then, return to the original position, or you may walk and take a step forward and repeat with the other leg. Keep your pelvis level and straight the entire time. Your front knee should bend in line with the 2nd toe and not pass the front of the foot.



BOOST YOUR IMMUNITY LEVELS

Making sure our immune systems are performing in tip-top shape should definitely be a priority for everyone this year. After all, the stronger your immune system is, the less likely you are to contract an illness that could leave you worse for the wear.

Harvard Health suggests a few helpful tips to make sure your immune system is working the way it's supposed to, including:

- Refraining from smoking
- Eat a diet high in fruits and vegetables
- Exercising regularly
- Maintaining a healthy weight
- Take steps to avoid infection, such as washing your hands frequently and cooking meats thoroughly
- Try to minimize stress

Don't forget that physical therapy is essential for relieving pain and keeping your immune system healthy. If you're dealing with a chronic pain condition affecting your overall wellness, one of our skilled therapists can help!

Let us help you bring in the new year right

The beginning of a new year is certainly a wonderful time to set forth expectations about improving our health! If you're interested in learning more about how you can put your health first once and for all, contact us today for more information.

PATIENT ★★★★★ SUCCESS STORY

"I came to physical therapy for my neck pain that was caused by stress. I didn't even realize I was in so much pain, I was just living with it and I thought it was normal! When I was seen by my doctor, he recommended I come here to ease the pain I was having. I knew I had to cut back on the pain relievers I was taking, but I didn't know how. Now, I have cut back a tremendous amount since coming to therapy. I never dreaded coming here because I always knew I'd feel better after coming. Every time I came, I learned something new and I always do those things at home when I feel the pain coming on.

I definitely recommend people who are in pain to not live that way. I don't have one negative thing to say about Full Potential. Everyone here is so friendly and always has a smile on their face."

- Marilyn M.



Full Potential
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