



Charlotte Police Department

-Health & Wellness Quarterly-

Charlotte's Public Safety Newsletter

The Coach's Note: "Gas Pedal, Brake Pedal"

In Chinese philosophy, the Yin-Yang symbolizes how opposing universal forces rely on each other to create harmony. **Harmony—not balance—is about different forces working together, not equally.**

Think about your daily commute. Do you tap the brakes just as often as the gas to keep it "even"? No. **You use them at the right times, not equal times.** Health and Wellness goals are no different. Life sets the pace and we learn to adapt based on the scenario.

Red lights? We all hit them—education, work, family. That's when self-care might ease up to give other areas the attention they need.

Cruise control? That's you in a groove, steadily closing in on your destination. When life flows smoothly, you can channel energy into your passions without throwing other priorities off track.

Climbing hills? If you drag race uphill you'll burn out fast. Sometimes the smartest move is easing up—especially when the road gets steep.

Speeding downhill? The brakes matter more than ever when you're not getting a ticket. Being mindful now can save you from breakdowns later.

Coach's Note:

Progress isn't about going full-throttle or full-stop—it's about knowing when to do each. Speed up. Slow down. Push. Rest. It's about the right combination, not the balanced combination.

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