

Exercise, meditation among ways Naples doctor relaxes



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Guest columnist

Working as an ophthalmologist and running my own medical practice can be very time consuming.

The urge to work harder and harder with the hope that one day things will run smoothly without so much personal, hands-on time, is one that I am guilty of. Making time to downshift and

relax on a regular basis is something that is so important but is very easily put off.

Relaxation can be so many different things for different people. Personally, spending time with my family and regular exercise are my go-to relaxation times.

Spending time with my family might be exercising alongside my wife before our daughter wakes up in the morning or trying to coax our daughter to go with us on an easy bike ride around the neighborhood.

Regular exercise for me includes short, early morning workouts and longer bike rides or runs on the weekends. These are a few ways that I am able to do what relaxes me while spending quality time with family.

In addition, vacation and time away from work are necessary to truly detach from the daily grind.

We try to get away to different places in the world a few times per year, relax, and experience new things. Experiencing new cultures and meeting new people, I believe, is extremely important to

keep perspective within the world and for young children to enhance their learning.

For other people, meditation or time alone to read and refresh are important ways to "downshift."

Whatever the mode of relaxation, it must be done on a regular basis to create a life balance.

When we put it off until the future—some unknown time and place, is when it either never happens or we realize we are once again too busy to downshift and relax.