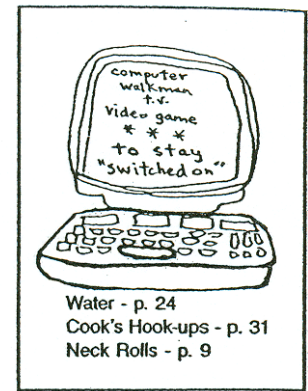


# PERSONAL ECOLOGY SKILLS

## Productivity at the Keyboard and Video Screen

*The ability to stabilize homeostasis*

For the sensitive individual, electronic devices may aggravate visual, auditory, or other physiological stresses. The video screen provides only one visual plane, limiting the use of binocular vision, depth perception, and peripheral vision. The constant hum of many devices switches off auditory skills, while the electromagnetic field of radio-controlled equipment may negatively affect body meridians.



Water



Hook-ups

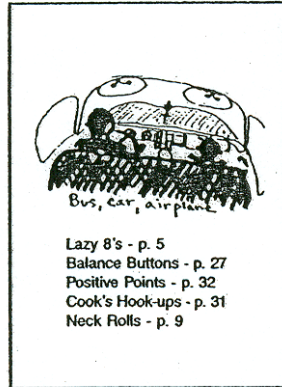


Neck Rolls

## Riding in a Car, Bus, or Plane

*Crossing the moving midline*

The body must keep its sense of balance in a moving vehicle by compensating with the inner ear for motion left to right, back to front, or side to side. Binocular vision and depth perception may also be affected by this motion.



Balance Buttons



Lazy 8s



Positive Points



Hook-ups



Neck Rolls



The Thinking Cap