

LIVING A WELL-BALANCED LIFE!

*No person, no place, and nothing has any power over us, for 'we' are the only thinkers in our mind. When we create peace and harmony and balance in our minds, we will find it in our lives.
...Louise L. Hay*

WHAT TO KNOW!

- ❖ The purpose of a balanced life is to find calmness, peace, and harmony every day
- ❖ A balanced life, sometimes referred to as Work-Life balance, involves being able to manage responsibilities with activities that are enjoyable and pleasurable
- ❖ It is really the balancing of what we **have/need** to do with what we **want** to do
- ❖ A balanced life is necessary for good living, peace of mind, and being effective
- ❖ A balanced life reduces stress and promotes good physical and mental health
- ❖ When a person's life is in balance, they feel whole and complete; they feel calm, grounded, motivated, clear-minded, and in control
- ❖ Spiritual, emotional, and physical balance are components of a truly balanced life
- ❖ Physical balance can be created through exercise, sleeping well, and eating healthy
- ❖ Finding quiet time, taking time to meditate, practicing yoga, or just relaxing can create spiritual balance
- ❖ Emotional balance comes from personal fulfillment, good friendships, good family relationships, and finding enjoyment in different activities
- ❖ As the world becomes more complicated and stressful, maintaining a balanced life has become more difficult and also more important

WHAT TO DO!

- ❖ Do some introspection; what are you thinking, how are you feeling, and what areas of your life are you neglecting
- ❖ Take care of yourself by resting, exercising, eating properly, and not abusing drugs or alcohol
- ❖ Identify an activity that you can do each day such as listening to music, reading, or just walking
- ❖ Determine your priorities so that you are not doing too many things at one time; set your boundaries according to what is important to you
- ❖ Plan ahead and organize yourself so that you can get done what needs to be done and you also have time for fun activities
- ❖ Eliminate the unimportant things from your life and stop overcommitting to tasks and activities
- ❖ Maintain a Positive Mental Attitude by keeping things in perspective, dealing with things that do not go your way, and not letting things get to you
- ❖ Don't worry about things you have no control over and practice letting go and rolling with the punches
- ❖ Get comfortable saying "no" to yourself and others
- ❖ Seek professional help if you are unable to put balance into your life

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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