



Finding Balance in a Busy World

Define Balance.

What does "balance" mean to you? Take some time to think about balance and define it for yourself. What does your life currently look like and where is your time spent? Then, considering your core values and priorities, determine how you would like it to look. Do you want to spend more time with family and friends, or would you like more time for yourself? Think about what is right for you and create a vision for moving toward that.

Eliminate time wasters.

Unless you really enjoy *Survivor* or sitcom re-runs, turn off the TV and do something that will feed your spirit and give you more satisfaction.

Develop a support network.

Plan for the unexpected. Think about who can help when you or your primary support isn't available.

Have a strategy.

Just as a plan helps work projects run smoothly, having a strategy for accomplishing the tasks on your to-do list will make things easier.

Move your body.

When life is hectic, maintaining your physical activity could not be more important. It can give you time for yourself and is the one thing you can depend on to help you refocus. Recreation is re-creation.



When possible, eliminate choices.

While having several choices can be positive, too many of them can be overwhelming. Limiting your choices to a manageable number can help reduce stress and busyness. Focus on what is important and be happy with the choices you make.

Think of time like money.

Time is limited so be wise. Budget it and spend it purposefully.

"Self-worth comes from one thing:

A belief that you are worthy."

- Wayne Dyer

For Mental Health...

Achieving mental health is about striking a *balance* in the social, physical, spiritual, economic and mental aspects of our lives. Reaching a balance is a learning process and it is ongoing.

At times, we may tip the balance too much in one direction and have to find our footing again. Our personal balance is highly individual, and our challenge is to stay mentally healthy by finding and keeping that balance.

The Canadian Mental Health Association has 10 tips for mental health:

1. Build a healthy self-esteem
2. Receive as well as give.
3. Create positive family and parenting relationships.
4. Make friends who count.
5. Figure out your priorities.
6. Get involved.
7. Learn to manage stress effectively.
8. Cope with changes that affect you.
9. Deal with your emotions.
10. Have a spirituality to call your own.

Additional Notes:

Material adapted by Suzanne Welstead in Counselling Services (University of Guelph, 2008) from *Health Promotion Practitioner*, National Wellness Institute and the Canadian Mental Health Association.