



Staying Healthy AT HOME

THE BALANCING ACT

The term “life balance” is used frequently these days, but what does it really mean? Balance is not a state we’ll one day arrive at, but a protective factor we must continuously work to incorporate. The idea of balance is really about managing stressors—making sure the scale doesn’t tip so far in one direction that we burn out.

The following questions may be helpful to ask yourself as you continue to strive to create a greater sense of balance in your life:

- What would I look my life to look like?
- Which areas of my life absorb too much of my time and energy? Which are receiving too little time and energy?
- What am I willing and able to commit to?
- What are my goals?
- What do I need to incorporate or let go of in order to achieve my goals?

Though the concept of balance will look a bit different for everyone, some general factors involved in enhancing a sense of balance include:

- Removing or delegating tasks that interfere with what is important to you
- Clearing physical and emotional “clutter”
- Creating realistic goals and expectations for yourself and others
- Establishing, communicating, and asserting boundaries
- Asking for assistance/delegating tasks when possible
- Identifying and closing “open loops”—whether it’s the light bulb that needs to be changed or the doctor appointment you’ve been avoiding, these things drain

us of mental energy and skew our sense of balance. Write down all of these open loops—large and small—and then create manageable action steps.

Take a moment to consider what your life looks like when stressors are balanced with positives and “want-tos” outweigh “have-tos,” as well as how you know when you’re experiencing imbalance. Seek to incorporate some of the techniques above as well as others we’ve discussed, and see which are most helpful for you. Remember too that the idea of balance shifts as we experience changes, so it’s important to continuously re-evaluate and adjust goals and priorities. Above all, be patient and kind to yourself, and give yourself credit for all the steps you’re taking.

