

Finding a healthy balance



Balance involves determining how much time and energy you will expend in various areas without neglecting other areas of your life.

Finding balance is having control over these elements in your life which will make you feel calm, grounded and motivated to give you a clear focus. The two elements in life that require the most balance are internal and external.

Internal

So much of our life can be taken up with what is going on around us but concentrating on what is going on inside is just as important.

Mind: Find the balance between challenging yourself and allowing yourself time to rest

Heart: Find the balance between giving and receiving

Health: Find the balance between a healthy diet and treating yourself

External

We cannot always control what is happening externally to us which makes finding a healthy balance essential to leading a happy life.

Work: Find the balance between reaching your goals at work and taking a step back to assess

Social: Find the balance between socialising and taking time for yourself

Family: Find the balance between your responsibilities and your own need