



Life Balance

"The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, and live that way, you are really a wise man."

Euripides, Greek Writer

In this day and age we are working longer and longer hours making balance harder. Everybody, at one time or another, struggles to achieve or maintain balance in their life.

Life balance, in its broadest definition, is a feeling of contentment, well being, engagement, and fit, in the multiple areas of your life. An overall sense of harmony in your life. It is a balance within yourself, with family and community. And the balance is defined by individual needs, goals, and experiences; one size does not fit all.

Some questions that may be worth asking yourself:

- - Are you feeling irritable?
- - Do you get distracted easily?
- - Do you constantly feel stressed or under pressure?
- - Do you go through the day in a fog?
- - Does your life feel balanced?
- - Do you feel that you don't belong?
- - Are you suffering from a lack of energy?

If you answered yes to two or more of these questions then you may have imbalance in your life. Generally imbalance is caused by over extending yourself in one or more areas of your life to the detriment of other areas. It is also caused by focusing on activities that do not fit in with our values structure. The resulting stress can manifest itself in physical as well as emotional ailments. According to statistics 75% of physician visits are stress related.

If any of the above have meaning for you and you would like to discuss it further, please contact us.

Further Resources:

You Can Have What You Want Michael Neill Hay House ISBN: 1 4019 1183 8