
Achieving Balance

MENTAL HEALTH NEWSLETTER



Importance of Balance

Balance is crucial to managing stress, achieving our goals, and maintaining overall well-being. It means distributing your time and energy across work, family, hobbies, and health. What we each need to balance varies - what a college student juggles is different from a middle-aged parent. By recognizing these differences and prioritizing balance, we build the stability needed to face life's challenges with confidence.

Finding balance may seem overrated, however the National Alliance on Mental Health states it's a cornerstone of well-being - helping prevent stress, which contributes to 75-90% of physician visits. While planning for balance can feel overwhelming, remember that you control how you spend your time. When balance becomes a priority, you'll find practical ways to maintain it and support your well-being.

Prioritize and Schedule

Some things in life matter more than others - they guide us and keep us motivated to grow. Scheduling helps us achieve our goals and make the most of our time. With 168 hours in a week and about 112 spent awake, how will you use that time? Each week, list your priorities, plan for work, social activities, and "me time," and adjust as needed to focus on what matters most. Make sure to also reduce time spent on things that aren't as important to maintain balance.

Learning to Say No

An important skill is learning how to say no to things that are not aligned with your priorities. For example, if your friends ask you to go out before an important meeting the next day, you could say, "Thanks for the invite, but I have a big meeting tomorrow. Can we go out tomorrow night instead?" This way, you can focus on what matters while still showing your friends they're a priority.

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8 Steps to Achieving Balance

1 - Acknowledge Your Needs

Be honest with yourself and put your needs first. Only you can fully see what areas you are neglecting and what improvements you need to make. If you don't take care of yourself, no one else will.

2 - Determine Your Values

Identify what truly energizes and motivates you. Developing a strong sense of values will guide your life and help you maintain a clear perspective. Continually monitor these values and use them to align your goals and dreams accordingly.

3 - Prioritize Your Growth and Development

Instead of just allowing life to happen, design it. Who do you want to be physically, emotionally, and mentally? It is extremely important to keep challenging yourself and building your skills.

4 - Practice Mindfulness

Practicing mindfulness each day will put you on the path to balance. It helps you to not get caught up in over analyzing or negative thoughts. This will allow you to shift toward being more engaged with life in a positive manner. ParentGuidance.org has courses that can help you learn how to better practice mindfulness.

5 - Connect with Others

Connection enriches our lives and has various mental health protective factors. Your relationships matter and they need to be nurtured and prioritized.

6- Establish Boundaries

Setting boundaries in work, personal, and social situations is key to maintaining balance and conserving emotional energy for better mental well-being.

7 - Try New Things

A balanced life is about focusing on your values and interests, letting them lead you to new experiences. Stay curious and open, but keep your goals and values as your foundation.

8 - Laugh

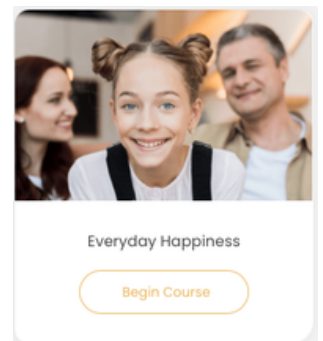
Life was meant to bring you joy. The point of finding balance is to have a joyful, content, and meaningful life. Don't let the stress of all that you have to do overshadow the daily happy moments.

"BALANCE IS NOT SOMETHING YOU FIND, IT'S SOMETHING YOU CREATE."

- JANA KINGSFORD

Take a no-cost course at ParentGuidance.org

Learn how to shift your mindset, challenge negative thoughts, and build lasting habits that lead to everyday happiness



For helpful parenting resources visit:
ParentGuidance.org



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