

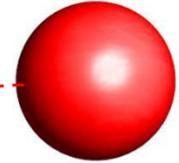
BUILDING RESILIENCE

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Section #4

ACHIEVE BALANCE – *physical, emotional and spiritual*



Bouncing back to
good mental health



“Never get so busy making a living that you forget to make a life”

DOLLY PARTON, singer/songwriter, actor, businesswoman and humanitarian

What do we mean by Achieving Balance?

Being in balance may mean something different to everyone. However, everyone must eat and sleep every day. Many of us must also go to work and/or college. **It is up to each of us to create harmony between our life responsibilities while finding time daily, or weekly, to do the things we enjoy, to relax and recharge our batteries.**

Body Balance

Eating healthy and finding time to do some form of exercise on a regular basis creates a physical balance in our bodies. Adequate rest and sleep are also necessary for our bodies to rejuvenate and feel refreshed, so we are able to take on other activities within our lives.



Top Tips for better body balance

Drink Plenty of Water



- **Remember the brain is 73% water** and even the smallest level of dehydration can have a negative effect on your attention, memory and other cognitive skills.
- **Have a glass of water with every meal** – helps to rehydrate but can also aid digestion and make you feel fuller, so you don't over-eat.

Eat Healthy



- **Add more green and red foods to your diet** (Tomatoes, red peppers, salad leaves, leafy greens, spinach, cabbage, broccoli etc)
- **Cut down carbohydrates** (sugars – bread, pasta, cakes, sweets) and **increase proteins** (lean meat and fish)
- **Avoid fast food** (or limit your intake). Most fast food is high in fats and sugars and should be viewed as an occasional treat rather than a dietary staple.
- **Keep alcohol, coffee and any other stimulants to a minimum.**

Reduce Stress



- **Monitor your breathing** – taking a few deep breaths will slow your heart rate and help you calm down. Humans tend to shallow breathe most of the time, without any real intention. However, doing a bit of deep breathing throughout the day contributes greatly to improved wellbeing.
- **Do something you really enjoy** – meet a friend for a chat, watch your favourite movie, listen to your favourite play list, experiment with new recipes – anything that makes you smile. Making time for this type of activity on a regular basis results in many mental health benefits.
- **Reduce the amount of time you spend with MOOD HOOVERS and ENERGY VAMPIRES.** (see section 2 – Invest in positive relationships)

Exercise regularly



- **Just get moving** – exercise doesn't have to be done at a gym.
- **Get outdoors and walk for 30 minutes** (listen to a podcast or music while you walk).
- **If you drive to the supermarket, park in the furthest spot from the entrance and walk just a little bit more than you would normally.**



- If you normally take an elevator or lift, decide to **walk up the stairs** instead (if you can't make it all the way up initially, then take the lift part way and walk the rest).
- It's just about **doing more than you do now**. Once you start, keep it going until it becomes a habit and then you might consider pushing yourself a bit more.

Emotional Balance

Balance also means making time for family and friends. **This is part of our emotional balance.** Having a support system in place is important and makes us feel loved and cared for, knowing someone else cares about our wellbeing. It also feels good to be supportive of someone else that you love and care for. It becomes an equal relationship of giving and receiving, offering equal emotional balance.



Where does your emotional support currently come from?
What form does that support take and how does it make you feel?

Spiritual Balance

It's also important to have down time to rejuvenate and refocus. **Our body, mind and spirit need time to refuel.** This is referred to as our spiritual balance.

Take some time each day to **reflect** on what's important to you.

Refuel your soul – meditation, yoga or simply being still while listening to relaxing music. This creates peace within your day and reminds you who you really are and what's important.



What changes could you make in your life, to achieve greater balance?