

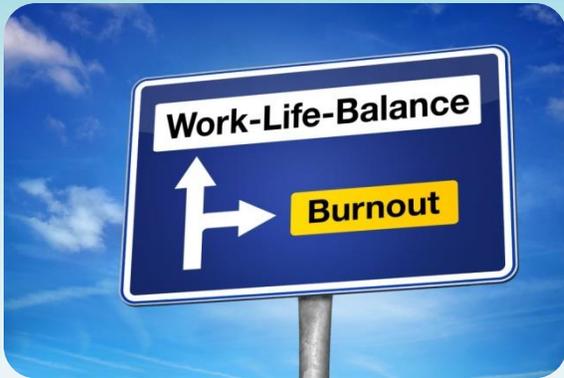


ideas to help you Live happy

Life Balance

TEN TIPS TO ACHIEVE LIFE BALANCE:

1. **Put “you” on your schedule first, and then schedule life’s chores.** Give yourself permission to honor your own needs for rest, exercise and recreation. When you put yourself first, it is not selfish! Everyone you care for benefits!
2. **Simplify your life.** Identifying the things that drain you, replacing them with people, activities and things that enhance your life balance.
3. **Learn to say “no”.** Without this critical skill your time and life will not be your own.
4. **Financial and emotional well-being are connected.** Don’t allow yourself to think that you are trapped and helpless in debt. Face the pain of your situation and make a plan to put your finances in order.
5. **Identify activities that give you energy.** Be sure these are in your schedule and you will discover your fatigue disappears.
6. **Surround yourself with high-quality relationships.** Seek relationships that support, challenge, and encourage you to be balanced.
7. **Design a routine that allows you to accomplish what you need to get through your week smoothly.** Don’t run your life on chaos and crisis mode.
8. **Assess the use of technology in your life.** Does it decrease your stress or increase your stress? Be sure you are managing electronic tools, not letting the tools manage you.
9. **Take a few minutes to relax your body.** Do this at least six separate times a day. Breathe deeply. Walk outside. Stretch.
10. **Focus on your spiritual self.** Find a quiet, still place to connect to your inner wisdom or your higher power. Practice meditation on a daily basis. Journaling can also be useful.



Life balance gives us energy and peace of mind, but it requires our focused attention. Here are some tips to achieve life balance.

For more information or free counseling call Intermountain EAP at 1.800.832.7733.

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