

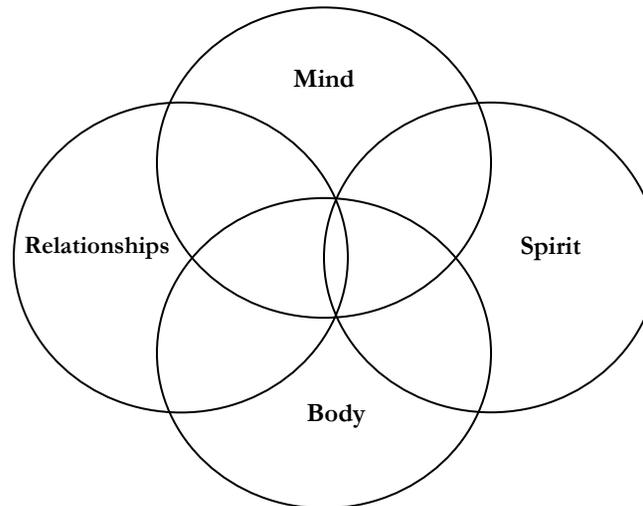
Keeping your Sense of Balance

Mind

- Journaling & Meditation: Learn to identify your thoughts and feelings. ... Become more self-aware.
- Laugh! Talk to a funny friend. Watch a comedy.
- Practice looking at things from different point of views... Be flexible!
- Be playful! Pick up a hobby, write, read for pleasure, paint... Create!
- Are you treating yourself fairly? Be compassionate with yourself...
- Learn from the past, but focus on what you can do today!
- Recharge your mind: Turn off the phone, the computer, and go for a walk

Relationships

- Develop new relationships... but remember to nurture the old ones!
- Make time for meaningful connections
- Practice active listening
- Learn to communicate your feelings appropriately
- Take an active role in your community! Learn where you come from... Your ancestry....
- Care for those close to you: Show your love!
- Don't make assumptions... Avoid mind reading!
- Don't shy away from conflict: Focus on problem-solving communication!



Body

- Drink enough water
- Eat regular meals
- Keep active! Exercise!
Keep a regular sleep cycle. Get enough sleep.
- Treat drugs & alcohol with respect!
- Remember your regular checkups with your physician
- Get a therapeutic massage
- Learn to relax your body: Slow down!
Breathe Deeply ☺
- Try yoga or acupuncture
- Remember to enjoy the sun!

Spirit

- Take time to reflect on what is sacred for you: Your source of meaning and purpose...
- Spend time with nature. Enjoy the sun and open spaces
- Develop your moral compass: What is right? What is wrong?
- Practice compassion
- Take time for solitude
- Practice gratefulness
- Leave a legacy! Look beyond yourself...
- Practice forgiveness....
- Keep a hopeful outlook
- Find a supportive spiritual community