

Keys to Balance

What you can do to experience life more fully



Connect with Self

Acknowledge and honor your physical, intellectual, emotional, and spiritual needs.



Connect with Others

Seek out people in your life from whom you ask for help and with whom you share your joys and sorrows.



Connect with Nature

Make regular contact with nature in ways that are meaningful to you.



Connect with Purpose

Create alignment between what you most value and what you uniquely offer the world.



4 Strategies to Bring Balance into your Life

1. Become more conscious of your breathing.

Practice the following breathing technique for 3 weeks and see if you note any change in how you feel:

- Relax in a comfortable position.
- Touch the tip of your tongue to the ridge between your upper teeth and the roof of your mouth. Keep it there during the entire exercise.
- Exhale completely through your mouth, making an audible sound (whoosh). Then close your mouth and inhale quietly through your nose to the count of four.
- Next hold your breath to the count of seven.
- Then finally exhale audibly through your mouth to the count of eight.
- This constitutes one breath cycle. Repeat for a total of four cycles, then breathe normally.
- Do it two to four times a day. (from: Andrew Weil's: *8 Weeks to Optimum Health*).

2. Focus your attention.

- Experiment with doing one thing at a time and concentrating only on that particular task.
- Attempt to bring this mindfulness to daily activities.

3. Renew or establish a connection to Self, Others, Nature, Purpose.

- Each month, check in with your connection to each of these areas.
- Determine which one needs attention and take steps to bring this connection more into focus in your life.

4. Dwell in gratitude and appreciation daily.

- Sit quietly and breathe deeply for a minute or two. Bring to mind someone in your life for whom you are grateful.
- As you breathe in, take this person into your heart. Breathing out, let heartfelt gratitude shine to them and through them.
- Do this for as many people as you want. You can do the same for aspects of your life for which you are grateful.