



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 note any change:

- 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.
- Repeat exercise 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.