



STAY CONNECTED ART TO HEART

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Top 5 Tips! A Life in Balance

“Be aware of wonder. Live a balanced life – learn some and think some and draw and paint and sing and dance and play and work every day some.” - Robert Fulgham

Everything we should do in life should be well balanced. Sure there will be times when work takes priority, there's a family crisis, you're getting married or having children. But where possible we should try to have a good balance so that you don't experience burn out. We know that this time in isolation has tipped the balance, but now is an opportunity to reassess and recalibrate.

1. Nurture Yourself

You need to keep yourself healthy before you can support others. Make sure you get a good night's sleep, daily exercise and eat well. We all know that this is the way to keep healthy, but late nights can start to creep in, and a quick pizza after a day working at our desk can mean healthy eating and exercise are out of the window. One day every so often like this is ok, but it can easily turn into a habit we can feel that we are burning the candle at both ends. Also it is important to do an activity you enjoying doing every day for at least 20min. Research shows that if you are in the flow of an activity for this amount of time you will reap the well-being benefits.

2. Prioritise

Get a note pad and write down all of the activities you do in a week, then list them in order of importance and the amount of time you want to spend on each of them. Balance does





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not mean you have to cram in everything you want to do in one day. Set your boundaries and decide where you want to put your time and energy to invest in the things you value and will help you achieve your goals.

3. An Efficient Mind-Set

When we are younger we often don't plan and live in the moment, but by being organised and planning ahead can mean we can be more effective in the activities we do. Use a calendar or online planner, and plan in time to see those people who give you energy and encourage you, do a course, or even read a book! Don't just plan mundane things but plan in fun times too!

4. Expect the Unexpected

You've heard the saying 'If life gives you lemons, make lemonade!'. In life we have no control over the events that happen and we've all experienced the unexpected. Especially true at the moment with the COVID outbreak! But rather than get stressed and upset, learn to roll with it. We've all experienced the unexpected but be creative and learn to adjust your game plan.

5. Being in the Moment

Whatever activity you are doing learn to be fully present. Are you cooking tea? Well smell the spices, taste what you are cooking and enjoy the moment. Are you in a work meeting? Make notes to keep you focused. If we live in the present we can really feel the wellbeing benefit. We often rush around doing several things at once which lead to anxiety and stress but mindfulness in the everyday will help live a successfully balanced life.

