

Life Balance
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Serenity Expressions

The way we look at ourselves and the world helps to determine our life balance. There are eight areas of our lives that have a direct connection to our behaviors, thoughts, perceptions, beliefs and mental health. I call this the Circle of Life. There is a set for adults and a set for children.

Adults: Health, Physical Environment, Money, Fun & Recreation, Significant Other, Friends & Family, Personal Growth, Health and Spirituality.

Children: Home Environment, Health, Family, Puberty, Spirituality, Friends, Fun & Recreation, and School.

In order to have a bodily system that is in balance all of the eight factors need to be working to a person's satisfaction. If any of these areas are not connected to the whole, then the body becomes out of balance. When this happens, there are many emotional and physical ramifications. Stress, depression, chronic pain, illness, anger, unwanted feelings and many other patterns begin to emerge.

Learning to work from the inside out by looking at who you are and where you are heading will be the starting point to having a healthy life. By embracing change in your everyday life you allow yourself to open up to all that is right in your life. By changing the way you look at things, the things you look at change. We often repeat the same behaviors and patterns hoping for a different result. The fact is the result will not change unless you alter the exact things that are causing the end results you do not want. Because we have the element of fear, change can be a very difficult task. However, once a person recognizes that change is good and they will become a better person; then the journey becomes easy and wonderful.

Mental health is crucial to the survival of the body. If we have a belief system that causes pain, disappointment, negative thinking and fear then that is what we will get in our lives. On the other hand, if our belief system causes joy, happiness, positive thinking and hope then our end result is one we can look forward to. It all relates to the choices we make in life and learning that we are the only ones in charge of our reality based on these choices.

Following your heart and your sense of what is most healthy, and appropriate in the moment is the key. You begin to see the differences between consequences that are created in fear and those that are created in joy. This does not mean that you will not always experience fear when you have the courage to choose that which you feel is appropriate and healthy when others feel otherwise. This is at the core of what is required

for authentic power, and that is to become the expert in your own life about what is most healthy, wholesome and appropriate for you. It is your life that you are living and you alone are responsible for what you choose in it.

Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance. Tips on specific areas which can help keep your life balance (for adults and children):

- Build a Healthy Self-Esteem**
- Receive As Well As Give**
- Create Positive Parenting and Family Relationships**
- Make Friends Who Count**
- Figure Out Your Priorities**
- Get Involved In Things That Matter**
- Learn to Manage Stress Effectively**
- Cope with Changes That Affect You**
- Deal with Your Emotions**
- Have a Spirituality to Call Your Own**

Working with the Circle of Life components and bringing to balance all the areas of our life, we can achieve a life filled with joy, happiness and positive experiences. The goal of any person is to reach optimal existence by looking towards the future and knowing that there is another tomorrow.