

## Striving for Balance in life Jen Binney



Collect wisdom from others – here's a start:

Yesterday is history  
tomorrow is a mystery  
today is a gift – that's why we call it 'the present'.

Use time and words carefully – neither can be retrieved. Life is not a race but a journey to be savoured each step of the way.

If you run through life too fast you forget not only where you've been but also where you're going. Don't let life slip through your fingers by living in the past or in the future – enjoy NOW!

People do things for their reasons not yours.

**There are some key points in common with people that seem to have good balance:**

- ☯ What do you fuel your body with on a daily basis? Be aware of how certain foods react with you. How we eat is as important as what we eat, take a breath – slow down your eating and enjoy it
- ☯ Slow down – take some time for rest, introversion, time out, composting! (Illness often is the time people reflect/challenge why they are here and what they want)
- ☯ Nurture relationships with people we enjoy being with and have good humour – beware the toxic relationships that drain, deplete, or provoke anger in us.
- ☯ Practice some gentle exercise regularly  
(eg walking in nice environments, yoga, tai chi, meditation)
- ☯ Muscles used in any activity, any time of the day, contribute to fitness! To improve fitness start small with some thing you enjoy and stick to it – it takes time to establish new habits.
- ☯ Follow your passions – nurture yourself to keep your vitality and energy strong.
- ☯ Breathe deeply as often as you can – be aware as you breathe of your neck and shoulders be aware of any tension breathe into those spots.