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How to Achieve Balance and Well-Being

We live in a society where we tend to set the bar very high in all aspects of life, and to value action and results. It is also a consumer-oriented society, sometimes leading us to want to have it all. Given the fast pace and the demands of modern life, it is not always easy to maintain balance and to feel good within all of life's domains.

What is Balance?

Generally speaking, a person has balance when he or she can be involved in the different areas of their lives, all the while maintaining **harmony** and **satisfaction**.

Is Balance an Ongoing and Permanent State?

Balance tends to occur in phases, depending on what is happening in a person's life. In reality, we often shift between periods of balance and periods of imbalance.

How to Re-establish Balance

1st Step : Being Aware of One's State

It is important to recognize the signals that indicate whether you are in a state of balance or not.

- ✓ During a **period of balance**, a person usually experiences a sense of well-being and control, and is in an overall good state. There is time to accomplish what needs to get done, and the time spent with others is satisfying. During a period of balance, one generally feels stable and enthusiastic.

- ✓ During a **period of imbalance**, a person usually experiences feelings of unease and a lack of control. Fatigue, anxiety, stress and irritability figure prominently. There is not enough time to get things done, and there is a sense of "running" without ever feeling satisfied.

2nd Step : Thinking About Readjusting

In the event that you feel a sense of imbalance, it is important to reflect upon the following:

- ✓ What has lead you to this state of imbalance?
- ✓ What is preventing you from improving this state and re-establishing balance and well-being?
- ✓ What are you able to adjust to improve your situation?
- ✓ What means can you put in place? etc.

3rd Step : Taking Action

After identifying the changes that need to be made, it is time to act. Regaining balance involves taking action.

Helpful Strategies

Several strategies are known to help people improve their sense of balance and well-being. Here are some key points:

Identify Priorities and Know How to Differentiate

Since it is impossible to be in more than one place at a time, and do everything perfectly, it is necessary to:

- ✓ Know what your personal, professional, and family-related priorities are in order to make choices and act accordingly. In short, focus your energy on what is truly important.
- ✓ Maintain realistic expectations that take into account your abilities, limitations, and available resources. Sometimes, by lowering your expectations a little bit, you might realize that things are going better and that there is less pressure on you.

Use Personal Power

- ✓ Take action and invest energy in situations that you can change. Then, let go of situations that are out of your control.

Avoid "Excess Stress"

- ✓ Take part in activities that allow for stress release and increase resistance to stress;
- ✓ During stressful situations, know when to stop. This will allow you to take distance and calm down.

Make Time for Enjoyment

- ✓ Activities that are enjoyable, stimulating and enriching contribute to one's sense of well-being and balance.
- ✓ Dedicate time that is specifically for enjoyment, while worries are put aside.

Organize and Manage Time Effectively and with Balance

Among all the things that need to get done, not everything carries the same level of importance. In order to navigate through all of this, it is important to differentiate between tasks and activities according to their level of priority:

- *those that you absolutely must do*
- *those that you must do*
- *those that you can do, but that can wait*

From this, make a "to do list" on a daily or weekly basis. This involves sorting tasks according to Eisenhower's model: that which is important and urgent; urgent but not important; not urgent and not important.

Get Support

- ✓ When you feel overwhelmed, solicit help from others or delegate tasks. The ability to recognize one's limits is a great strength.

In conclusion

Each one of us requires a different approach when it comes to protecting, maintaining, or achieving our sense of balance. It all depends on where we start and what we aim to achieve when it comes to well-being.

Finally, if you feel that you have lost your sense of balance and/or well being, do not hesitate to contact us. A professional can help you identify strategies to regain harmony and satisfaction in your life.

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