

Five Ways to Keep Your Balance in the midst of a Busy Life



Reconnect with your source daily

What helps you feel centered and creates harmony within you? Find something that works for you—such as hiking, yoga, meditation, prayer, journaling, gardening, running, art—and, as hard as it may be, do it every day. Reconnecting with our personal power source enables us to embrace the day with greater purpose and clarity.

View your life as a creative endeavor

We all create our lives moment by moment. When we work in conjunction with those close to us, we become co-creators of the world around us. We enter into a fascinating dance, an ongoing improvisation that is one part strength, one part grace, one part compromise, and all heart. When we live with a sense of actively creating the life we want, we feel more content and centered.

Pay attention to your internal compass

Check in with your internal compass every now and then to figure out where you might be out of balance. For example, if you've been spending on a computer, you probably need to be active physically. If you have been running errands with your children all day, you may need to sit for a bit and read a book. Strive for balance in the rhythm of your day.

Allow yourself to feel

When you talk with your children, don't just focus on the words they're saying. Open yourself to what they are feeling and address that with as much attention as you give to their words. By opening your heart to simple acts of feeling as you experience the events of each day, you will find that your mind becomes quieter and you feel more stable and poised.

Recognize what throws you off balance

By learning to recognize what triggers a sense of stress, we can help restore balance. If you can't get things done because you respond to every email as it comes in, try checking just two or three times a day. If you feel scattered after a morning of noisy activity, institute a noise-free zone for one hour. Allow yourself to disengage from the hectic demands of digital connection.

Find your own balance, and you'll be able to help your children find theirs.