

## **THE IMPORTANCE OF BALANCE**

*In order to be healthy & happy, one needs to be balanced.*

*In order to be balanced, one needs to have enough sleep & relaxation, good nutrition, nurturing human contact, social or family support, a dedication & love of their work within a reasonable amount of time, physical activity, and most of all, lots and lots of regular opportunities for creativity, fun and laughter.*

*The other essential ingredient is a lifelong commitment to not taking oneself or others so seriously, to acknowledge the humanity of others, and a promise to practice compassion, loving-kindness and forgiveness.*

*To succeed in becoming balanced, it is important that you are able to honestly take a look at yourself and your way of living to become awareness of how close (or far away) you are to being in balance, and then identify which areas need your attention*

*One benefits by making a lifelong commitment to being conscious of the ways in which they are out of balance, and what adjustments need to be made in attitudes, habits & behavior, in order to find/return to balance. To do so will have positive effect on one's level of stress, to the extent that the individual can now acknowledge and take personal responsibility for their contribution.*

*Each of us alive faces many challenges, choices & changes each day. Those who choose to pay attention to & become in tune with the effects each has on us, embrace awareness of what is so, with an intention to move toward what will work for us better, in an ongoing process of awakening. By exploring what is so in the moment and noticing where our energy or focus is needed to help us rebalance, we can increase energy, vitality and become more fully alive.*

Joan Stenzler, LCSW is a holistic psychotherapist, Kripalu Yoga teacher (500 hr) and consultant to health care organizations. Her unique perspective combines a Body-Mind & clinical approach to her work with patients, health care professionals and on-site workplace presentations. She is known for her warmth, compassion and sense of humor and for creating safe, nurturing space for healing and transformation to occur.

To learn more about her work as a holistic therapist go to: [www.joanstenzlerlcsw.com](http://www.joanstenzlerlcsw.com).  
You can find out about her workplace presentations for supporting health professionals at: <http://www.stresslessatwork.com>