

TIPS FOR FINDING BALANCE IN YOUR LIFE:

- ✓ **Take 15 Minutes A Day For Yourself For Quite Time**

Start with 5 minutes and gradually build up to whatever amount you need. This will be one of the best things you will even do and will allow you time to detach from your life for a breather to recharge your batteries.

- ✓ **Spend 5 Minutes A Day Doing Deep Breathing Exercises**

This can be at anytime – on the train on the way to work, at your desk at work when you are feeling a little overwhelmed or five minutes before you go to bed. Find a time that suits you and just do it.

- ✓ **Have A Good Belly Laugh**

Laughing is fantastic for you. It gets you to forget your problems for a few minutes. Kids are so good at doing this. Take the time to observe them.

- ✓ **Have 8 Hours Of Regular Sleep A Night**

There is nothing better than having regular sleep each night. A good way to get in the habit of doing this is to go to bed at the same time each night so your body becomes use to it.

- ✓ **Exercise For 30 Minutes Each Day**

There is so much evidence that supports the benefits of exercise each day. It doesn't need to be structured. Simply things like walking to the local shops or walking around your local park are all good ways to connect with nature and spend time in the sun.

- ✓ **Eat Breakfast**

Evidence suggests that this is the most important meal of the day. It gives you energy to start the day. Make sure you make time for this in your day.

©2006-2007 Debra Woods & Anna Cairo

LIFE *f* **FULFILLMENT COACHING**
...bringing together 'where you are now' to 'where you most want to be'