Healthy Ways to Maintain Balance

Our minds and bodies are inextricably linked. In order to manage stress most effectively, it helps if we pay some attention to all of our dimensions. And aiming for *progress*, not perfection, works best.

Physical
Breathe—deeply and slowly.
Eat healthfully—treat your body with respect and compassion.
Exercise regularly in a way that is fun for *you*.

Emotional
Be gentle with yourself.
Treat yourself with the same patience with which you treat your good friends.
Seek professional help as a sign of self-care.

Community
Celebrate differences *and* commonalities with others.
Develop or join support groups—formal or informal.

Work / School
Set goals, short-term and long-term.
Be reasonable about your self-expectations.
Follow your own path.

Spiritual
Have a personal quiet time.
Look for meaning in what is troubling you—having a “why” makes most “hows” easier.
Have faith that in time, the “problem” will pass.

Environmental
Change to a new environment if the old one becomes unmanageable.
Be assertive about your desires—no guarantee, but this increases the odds of success.
Practice adapting to new situations.

Financial
Track your expenses; and then make a realistic budget.
Distinguish preferences from necessities.
Live within your means.

- For more information, contact Rob Sepich at 608-265-2536 or rtsepich@uhs.wisc.edu
- For online downloadable guided relaxation: [http://www.uhs.wisc.edu/relax](http://www.uhs.wisc.edu/relax)