

The Balanced Life

by Vicki Griffin

A balanced life is a gift from God. Temperance is a fruit of the Spirit. It is not something you do, it is a Divine trait implanted in the heart by the Holy Spirit—just like joy, peace, love, gentleness, and meekness. On my own I cannot be temperate, loving, or gentle. But God, working through me, can. The following are some basic tips for achieving a balanced life.

Awareness

Be aware of stress traps that you set for yourself. Managing stress involves making choices, forming priorities, adopting attitudes, and taking actions that enable you to maximize your potential without overloading your abilities.

Pare down

People who are chronically stressed often feel that their lives are out of control. Balancing your life puts you back in control and helps you avoid unnecessary stress. Here are some tips:

Limit the number of decisions you make in a day. Monitor your schedule, including the amount and intensity of your activities.

Avoid clutter.

Regulate the rate of change taking place in your life at one time—including jobs, moving, travel, and even holidays.

Set a realistic schedule.

Eliminate personal debt, especially credit card debt, and don't buy on impulse.

Identify your most important goals, and prioritize your time accordingly.

Take time to help others—it's a good way to put your own life

in perspective.

Lifestyle

Take time to eat nutritious food at regular mealtimes. It lowers stress, boosts immunities, and punctuates your busy day with pleasure and satisfaction. It reduces cravings for unhealthy snacks between meals.

Drink plenty of water between meals to keep the blood free-flowing and to help nutrient transport.

Exercise regularly. It will not only improve physical health, but exercise also lowers stress and improves your mood.

Don't neglect sleep. Determine how much sleep you need and make sure you get it. Going to bed early is the best way to get deep, refreshing sleep.

Relax. Find a relaxing, stress-reducing hobby or pastime that refreshes and distracts you from your daily routine.

Connect. Spiritual needs must be met as well as physical needs. Spend time communing with God in His Word, asking Him for balance in your life.

Develop community with others in worship and service.

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