

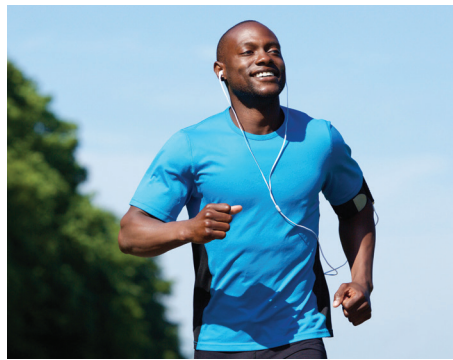
Living a balanced life

What does it mean to live a “balanced life”? For many people, this means finding time for things you enjoy and taking care of yourself. No one’s life is perfectly balanced all the time. But, you can work toward putting all of these things into your life each week or even each month. This is a good way to avoid burnout at work and at home.



Quiet time

Find time for meditation, prayer, yoga or whatever helps you feel at peace.



Exercise

Being active helps boost mood and is great for your health. It gives you more energy to deal with whatever life throws at you.



Healthy diet

Eating plenty of fruits and vegetables, lean proteins, whole grains and healthy fats helps your body be at its best. Try to drink water instead of soda, coffee or juice.



Find joy at work

Connect with coworkers and look for fun opportunities at your job. This can make work feel less like “work,” and more like a positive part of life.



Self-development

Try a hobby that brings out your creative side. Or, read a book and learn about something new.



Sleep

Sleep is your time to recharge your body and mind. It helps you remain calm and focused and is important for fighting off illness. Most adults need around 8 hours of sleep every night.