

Templates for Change

Ten Minute Turning Points

Keeping a Healthy Balance

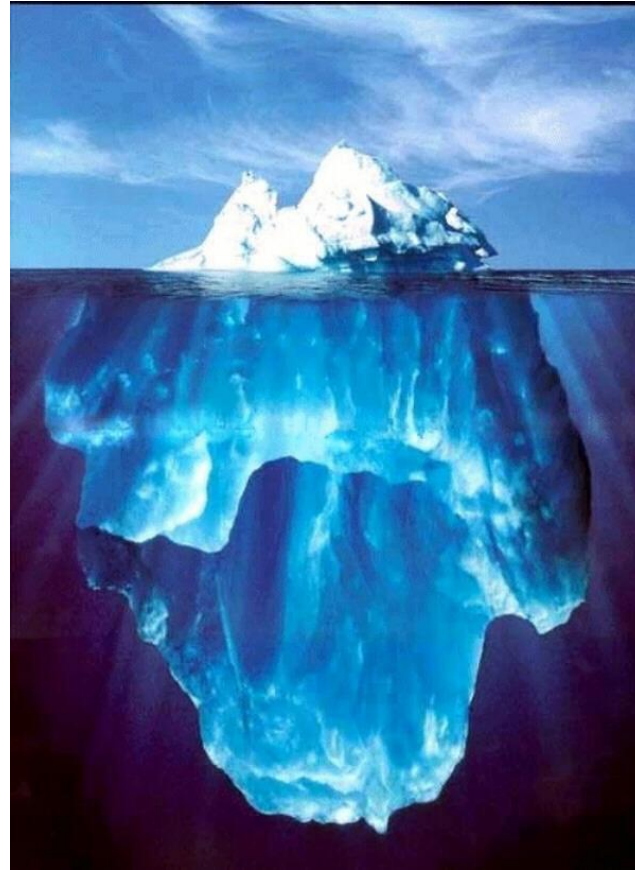


Christine Thompson

Part of a happy and healthy life is keeping in a reasonable state of balance....



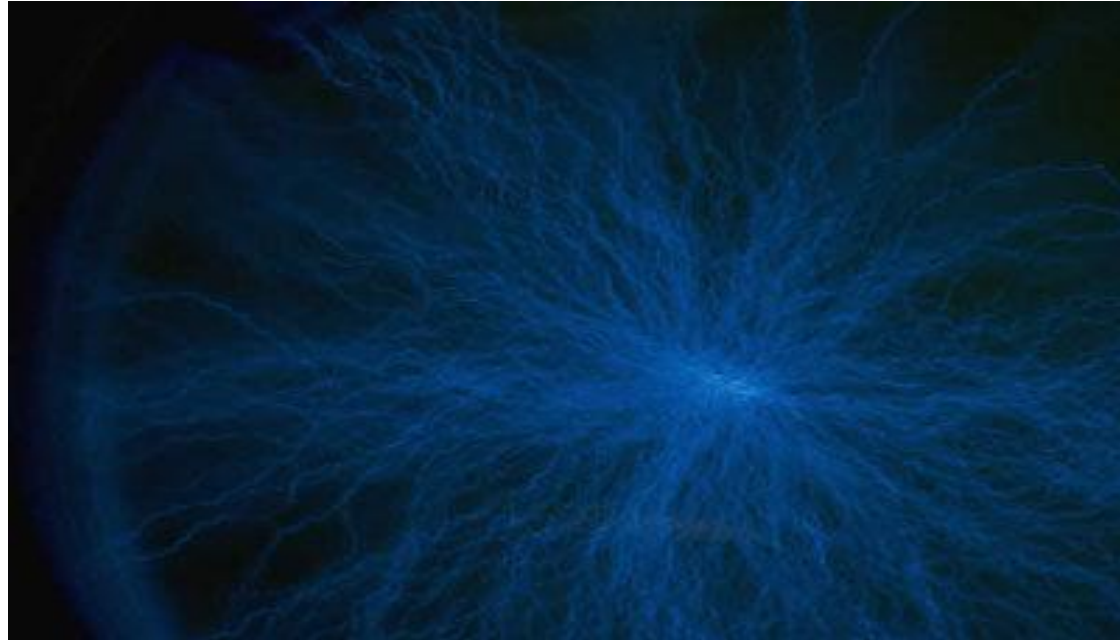
Yet, don't we all lose our cool from time to time ?



Sometimes we blow our top and explode !



Other times, we turn in on ourselves and implode!



This is all about the pressure we run at



Explosion is when there is too much pressure on the inside ...like a balloon with too much air ! It can only hold so much, then it bursts!



Implosion is when there is too much pressure coming at us and it makes us cave in, like standing on an empty box...it collapses under our weight!



So how can we better keep our equilibrium?



Simple ! If there is too much pressure building up, notice it and find ways to let off steam a little ... like talk to friends, laugh, write down the problems, have a hug or massage, watch a funny movie, cry if you have to ! It's like releasing a valve....



or, alternatively



.... increase the external pressure to match your internal systems eg do some hard physical work like gardening, go for a run, or a workout, or take on a bigger mental challenge... just as a few examples!



If you're under too much external pressure, and caving in on yourself, either decrease your workload, prioritise, or cut down what you have taken on, or ask for help to share the tasks....





Or, increase your internal pressure to match what you're doing...eg, take a moment, refresh, re-gather your mind, meditate, remember the reason why you're doing itall these will build up your stamina to be able to handle what you're doing!



It's all about rebalancing the pressure between what is inside us and what is outside.



Understanding the pressures in our life and ourselves, and developing the ability, as a daily awareness, to watch the trends in ourselves, will really help maintain our well being!



And in a busy world like ours, that's pretty good!



Thanks for joining this TFC presentation ! We hope you found it useful !



For more about TFC, visit the website on www.templatesforchange.org

