

The Life Balance Pyramid

- Use this guide to help create balance in your life.
- When all areas of the pyramid are working in harmony, you'll have the greatest sense of well-being and satisfaction in your life.
- Practice selections in each of the pyramid levels that best fit your needs, lifestyle, and values
- Create your own ideas for variety.

IMMEDIATE COPING SKILLS

- Take deep breaths
- Use positive self-talk
- Envision a pleasant place



IMMEDIATE COPING SKILLS

For day-to-day stress emergencies such as traffic jams, work overload, or a family disagreement, choose one or more of the skills at the top of the pyramid to help manage the situation.

DAILY SUPPORTIVE ACTIVITIES

Pleasurable Joys

- Listen to music
- Enjoy a warm bath
- Laugh often
- Watch a movie
- Give and get hugs



Physical Nourishment

- Be physically active
- Get plenty of rest
- Eat a variety of foods



DAILY SUPPORTIVE ACTIVITIES

To build your coping abilities so you can feel balanced emotionally and physically, practice one or more of the daily activities from each of the four categories in the middle of the pyramid.

Emotional Well-being

- Think optimistically
- Nurture a positive self-image
- Express feelings in honest, fair and direct ways
- Write in a journal



Social Connection

- Volunteer time to a worthy cause
- Spend time with family, friends, pets
- Do kind deeds for others
- Care for children, elderly, pets



LIFELONG FOUNDATIONS

For long-term balance that gives you the ability to handle whatever life brings your way and a sense of peace, explore and practice foundations at the base of the pyramid.

LIFELONG FOUNDATIONS



- Develop a sense of fulfillment from hobbies or work
- Make time for meditation/prayer
- Connect with nature

- View life's changes as opportunities
- Connect with a higher power
- Reflect on your personal values, goals, and choices

