



Standing for
Mental Health
& Wellbeing

DO YOU HAVE BALANCE IN YOUR LIFE?

An imbalance of pleasure, achievement, and feeling connected to others can really affect our life. For example, if we spend most of our time working with no time for relaxing, pleasure or socialising, then we may start to feel low and isolated. Conversely, if we spend most of our time pursuing pleasure, other things that are important to our life and those we love may not be getting done. To achieve balance, it's important, for example, to have things we can do in a short period time, as well as those we can plan for and look forward to doing in the future; things we can enjoy that are free or don't cost much, as well as things we can save for and anticipate enjoying at a later time, and so on.

This exercise will help you see where you already have balance in your life, and where you might like to make some changes.

EXERCISE

1. Take ten minutes and **write a list of the things you love to do**; things that give you pleasure, a sense of satisfaction, or achieve something else that is meaningful to you. Write as many as you can think of – aim for at least 20 lines.
2. Next, **go through your list** and made a note beside each line as follows:

N – things you can do now, straight away

L – things you can plan for and look forward to doing at a later time

F – things that are free or inexpensive

S – things that you have to save for

Q – things that you can do quickly (that take 15 minutes or less)

H – things you can enjoy for hours

C – things that are within your comfort zone

Ch – things that challenge you and take you outside your comfort zone

3. **Review your results.** What you are looking for here is balance. For example, do your answers show a balance between things you can do straight away and those that you can look forward with pleasure to doing at a later time? Apply this lens to each of the four areas and if you see a lack of balance, consider what you can do to redress the that.