



# Wellness Week 2019

## Balancing Mind, Body and Interactions

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Everyday people ask me “Michelle how do you find the time to balance school, work and being a parent?” In this summary I will discuss strategies on how to balance the mind, thoughts and interactions.

### Goal

This proposal is to provide students and educators with strategies on how to balance their mind, thoughts and interactions without losing themselves. The goal for learners is to help individuals put themselves first. The goal for the educators, is to be able to provide useful tips that can be passed onto their students.

According to the American Psychological Association, stress is associated to the six leading causes of death (Ashworth, 2019). Stress is then linked to chronic illnesses such as heart disease, cancer, liver issues and also suicide. It is also suggested that 75% of all doctor’s visits are related to stress complaints. Ongoing stress can affect not only your brain, but it can also cause your entire body function to be off balance (Ashworth, 2019).

Some ways to manage stress: I find that working out helps, yoga is also helpful, taking a mental health day, even going on a small weekend getaway. Many of you may have children, attend school, work and some days being a parent will be most important when your children need you to meet their emotional needs. Additionally, meeting deadlines will make the school work a priority on those particular nights where you’ll have to tell your children “Mommy can’t help you right now.” Although you know it breaks your heart to make them wait, remember that you are vested in your journey and you have a goal to accomplish. Every morning; work should be a priority because your financial needs must be met. Work pays for shelter, school and helps you be a better provider to your children. That’s the balance.

## **Interactions**

Interactions with people are also an extremely important daily life balance. It took me some time to learn that I can't be everything to everyone. Along with this, not every argument deserves a response, people are people and you just must continue being who you are regardless. Some ways to balance interactions would be to 1. Limit the amount of people who have access to you, this means that you must get rid of the individuals who constantly need you to satisfy their needs. 2. Learn how to say no to people and mean it. 3. You must ask people "so where do I fit in your life" this question will throw off many people, especially the individuals who just have you around for their own gain. 4. Try your best to make sure that you have genuine people who support you. I say try because this will be the toughest thing to do; however, if you pay attention to how people treat you, you will learn a few things. 5. Believe that people are who they show you they are. The second guessing saying "oh no they wouldn't do that" is where one can get into the trap of human manipulations. 6. Surround yourself with supportive people, this means the type of people that exclaim (when you feel like throwing in the towel) "you're not giving up, no, not today, not ever."

## **Balancing Thoughts**

I find that with a full life, we often worry about things daily, work, school, children, bills, spouses etc. Some ways to manage thoughts is by writing a journal of your feelings and experiences for the day. In order to remember what bills need to be paid, I utilize my notes in my phone and put a check after every bill that is paid, additionally, I also use my notes to write down information that will be needed at a later date, things such as passwords. Another way to channel your thoughts would be using time management skills, meaning the use of a calendar that pencils in the important tasks needed to be completed and erases a task as it is completed. If the day is overwhelming, I would come home and go to bed, take a nap and watch some television, it is important to remember that sometimes the brain has also had enough, so let it rest. Another technique that I use is self-care time, this means taking some time, just alone with my thoughts. As an example, this technique allows me to focus on what needs to be completed. Additionally, it is important that I realize that I am only one person and tomorrow is a new day to begin again. Along with this, I remind myself that I am not my work, and this has allowed me to differentiate between work and life balance.

In closing, remember that if you're not healthy mind, body and soul, you can't help anyone.

## **Reference**

Ashworth, M. (2019). How Does Stress Affect Us?. *Psych Central*. Retrieved on July 16, 2019, from <https://psychcentral.com/lib/how-does-stress-affect-us/>