

STEPPING INTO BALANCE

How to get back to yourself
and enjoy life.



_For you, if...

- You feel that you suffer from stress & anxiety
- You want to find ways to put yourself first
- You want to go back to enjoying life

Try This! _Quickies

5min

A Some Basic Emergency Lines

In case of emergency, when in a flight, you are encouraged to put on your own oxygen mask first. As the theory goes, you can't help anyone else if you are starved of oxygen (or sleep! or highly stressed!). So, let's start by putting you first!

1 Manage your Screen Time

Whatever smartphone or tablets you use frequently, download any app that will help you manage your own screen time. For example, I won't receive any messages from 22h-7h. This allows me to not be distracted and be with friends, read a book or simply sleep.

2 Sleep

Most of the western world suffers from sleep deprivation. It's one of the main causes of stress and low productivity. In fact, some of the pioneering companies ask their staff to live as close as they can to work in order to reduce the tiring time of daily commuting. Maybe your organization doesn't pay a bonus for this kind of thing yet, so take it into your own hand. Manage your working hours well, and go to bed!

3 Be loved: Make time to see people you care about

One of the most famous and longest held studies on human wellbeing has found that the hardship and challenges that life throws at us are best managed by sharing time with people that care about us and that we care about. As some eastern proverb goes, life can be measured in the number of breaths you take and the sum of joyful moments in your life. Take charge and look after yourself!



B Re-visiting your Purpose!

Time passes so fast that sometimes we rush through the lanes of life and work without being able to pause and double check if we're still heading in the right direction. Take a moment to reflect, and ask yourself the following questions:

- 1. If money wasn't an obstacle, what would you dare to do?**
- 2. How far are your current actions and objectives aligned with this dream?**
- 3. What can you do already this week in order to get you closer to your dreams' destination?**

_Take it further!

10min

Take a snapshot of your life!

An old, yet still excellent tool is the wheel of life. It's a quick "polaroid" assessment of what's going. This snapshot will allow you to become aware of where you are at right now in your life, by displaying you work-life balance graphically so that you can decide what actions you may want to take in order to live life more joyfully. Check out our version of it [here](#), and read the instructions on the worksheet!



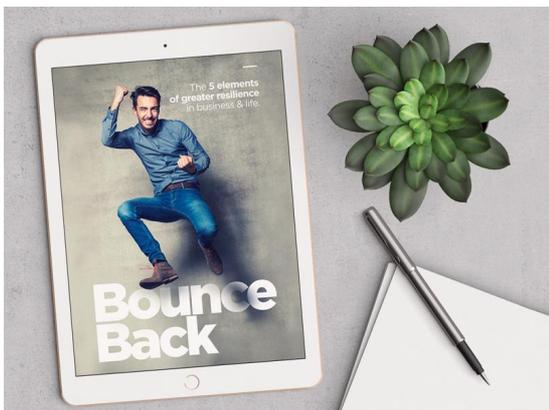
 **Your TakeAways**
_What do you know now?





Let me know how you are getting on!

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