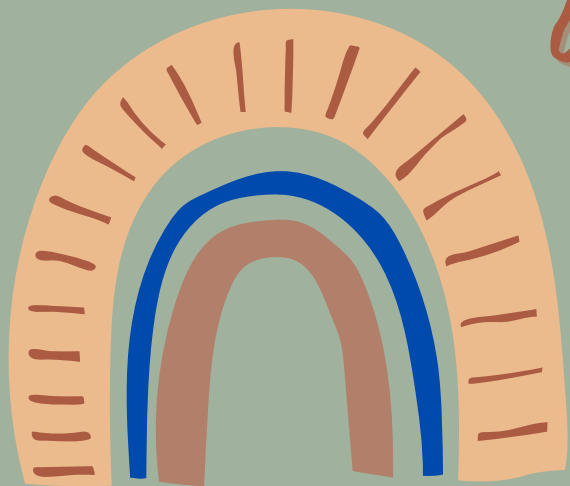


Wellness Letter



By Emma Eastwood
Community Connect Worker
Leichhardt One Mile Community Centre

OCTOBER 2023

Balance



WHY BALANCE IS IMPORTANT?

Balance is vital for wellbeing and is a holistic way to achieve mental plus physical vitality. Balance is your happy medium between two aspects, which may not always be an even split.

Meaning, that some people feel energized and fulfilled after engaging in group activities, so their need for solitude is minimal but still a necessity.

WHAT IS BALANCE?

Balance allows us to seek out healthy food for our growth and sustainment, without denying beloved indulgent food.

Balance is having both rest and activity for our personal development.

Balance is also mixing interests and desires with obligation and duty.

Balance is give and take.

Balance is not either or, you can prioritise both.

BALANCE IS HARMONY



WORK VS LIFE BALANCE

Good work-life balance means managing your work demands with your personal life. When balance is achieved the result is increased productivity and happiness.

When not achieved, you may feel overwhelmed and stressed.

Burnout can be from an imbalance, feeling exhausted, uninterested, and unproductive. Setting boundaries and knowing your values can help to restore balance.



Wellness Letter



RESOURCES

Smiling Mind, Mindfulness App

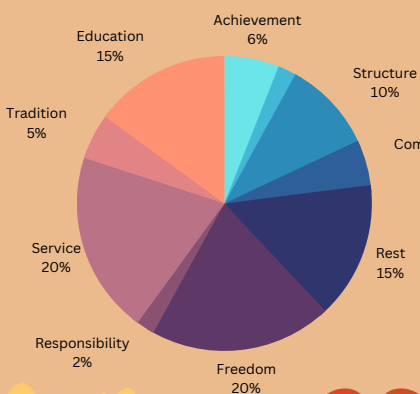
>Helping to stay present in the moment; take time away from the racing mind, giving your body permission to pause.

MindSpot Clinic, Therapists

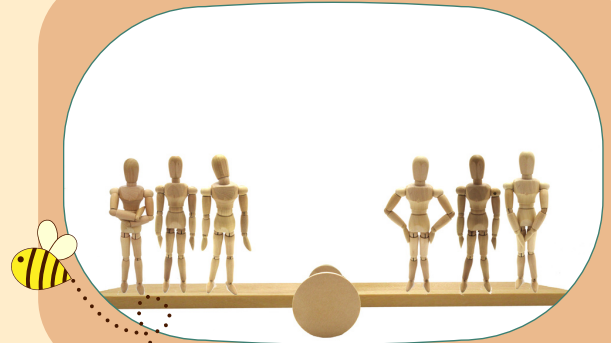
>4-step process: 1) complete an online assessment to understand your symptoms, 2) review your assessment report, 3) schedule an appointment with a therapist to discuss treatment options, and 4) begin your treatment.

This Way Up, Therapy on demand

>Helping to improve the way you feel.



Balance is understanding the weight of each of your values and prioritizing accordingly.



CONNECT WITH LOMCC

