



Regular Habits that Support a Balanced Mind, Body and Heart

Our body-minds are designed to be healthy and happy. If you are not feeling generally peaceful, balanced and at-ease then this is a signal to you to make changes in your life that realign you with your values and Purpose.

How do you go about making these changes? "The answer lies within" is an old cliché but it's also true. The key to achieving this peace, joy and balance is learning to:

1) Quickly become aware and acknowledge that something is out of alignment,
2) "Listen" for what is out of alignment and what is needed to remedy the situation, and
3) act on this internal guidance. This sounds simple but every one of these steps requires surrender, courage and lots of practice. It is a daily, weekly and moment to moment practice. [Read my personal story here.](#)

One useful tool is to do regular "check-ins" with your body, heart and mind throughout the day and ask what is needed to come back to balance (and then do this thing!). What follows is a list of ideas to choose from (or make up your own!) for balancing your body, heart and mind.

Balancing your Body

Signs that your body needs attention may include tightness, tension, anxiety, creakiness, headaches, lethargy, pain or any number of unpleasant bodily sensations. When your body feels off, ask yourself "What is needed for me to come back to balance at this moment? What daily and weekly habits can I create to keep my body feeling good?" Here are some ideas of things you can do in this moment or regularly to keep your body in balance:

Stand up, stretch, breathe

Take a walk, especially in nature

Exercise

Maintain a healthy diet and drink plenty of water

Yoga

Meditation or breathing exercises

Bath / sauna

Stretching

Dance

Massage

Chiropractic / physical therapy / work on your posture and alignment

Is there a “still, small voice” within you that knows one thing that would help bring you back into balance? What is it saying? What obstacles exist to doing that thing? What excuses are you giving yourself for not doing it? It takes courage to change your habits and start listening to and acting on your internal guidance but I assure you the only difference between you and someone who experiences more peace in their life is that they are listening for and acting on this guidance. What will it take for you to do that thing... for a day... a week? Take a stand for yourself, free yourself. Just do it!

Balancing your Heart

Your heart intelligence involves your emotions and intuition. Signs that your heart needs attention may include being generally over-emotional or lacking emotion (blacking out, feeling numb or disconnected), having difficult or painful relationships with others or simply feeling a strong emotion that has not yet been addressed or expressed. When your heart energy feels off, ask yourself “What is needed for me to come back to balance at this moment? What daily and weekly habits can I create to keep my heart balanced?” Here are some ideas of things you can do in this moment or regularly to keep your heart in balance:

Give yourself time alone to deeply feel the emotion

Express the emotion—that's what pillows, solo car rides and the ocean are for!

Share your feelings with a friend, therapist/coach or family member

Communicate your feelings to the other person involved in the best way you can

Practice communicating your feelings in a good way, in general

Nurture yourself

Be in the company of those who lift you up

Be in water-- a bath, shower, a pool/Jacuzzi, the ocean

Be in nature

Listen to music

Laugh

Sing / chant

Cry, yell, scream, move your body

Meditate

Do yoga

Give and receive a hug

Create healthy boundaries

Be kind to yourself... give yourself a simple joy (careful here to steer clear of addictions, including to sugar or caffeine)

Balancing your Mind

Your mind is home to your thoughts and perceptions. Signs of an imbalanced mind include: an anxious mind, a scattered mind, a dull mind, feeling disconnected from your emotions or body, headaches or obsessive thoughts (ie. not able to let a certain idea or thought go). When your mind feels off, ask yourself "What is needed for me to come back to balance at this moment? What daily and weekly habits can I create to balance my mind?" Here are some ideas of things you can do in this moment or regularly to keep your mind in balance:

Exercise

Meditation or breathing exercises

Yoga

Walking/running or any repetitive motion

Read

Cross word puzzle, chess or another activity involving total absorption

Become aware of your thoughts and choose to give energy only to the ones you want

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