



# VEIL *of* CHANGE

Achieving Balance Between Stress and Happiness

**THROUGH THE VEIL OF HAPPINESS**

## Living A Balanced Life

We live in an era where success is often defined by *over*-achievement in either our professional or personal lives. When we focus *too* much on our business or professional goals, our relationships can suffer.

Likewise, when we ignore our professional development needs, our job security or business can be put at risk.

We're thrown into a constant state of *unbalance* between the relentless and competitive corporate work ethic, the "*need-it-now*" mentality, and the desire to see, do, and achieve *more* each day.

## What Is Really Important?

So often, we're driven by the desire for 'more' that we lose sight of what's really important:

- ✓ Our relationships
- ✓ Our health
- ✓ Our enjoyment of life

Parental responsibilities, spousal difficulties, and even the support needs of our aging parents can create a disruptive level of stress.

Strains in our personal life can affect our productivity at work and threaten our health and emotional well-being.

## Is your work-life unbalanced?

Regaining work-life balance is a step-by-step process that requires us to look at various aspects of our lives in honest and frank ways.

It may take time or require some work.

You might need to make some schedule changes or even sacrifices, but in the end, your peace of mind, strengthened relationships and your happiness will be well worth the effort.

**To help achieve that balance in your life, implement the following:**

✓ **Be mindful of your capabilities when adding responsibilities.**

Attempting to be all things to all people can lead to imbalance and exhaustion.

Complete physical and mental exhaustion is a negative outcome from putting too much of yourself into your job.

✓ **Communication is critical.**

Miscommunication and misperceptions about behaviors can cause unnecessary added stress and misunderstandings.

Be mindful enough to switch off your mobile phone while at home and to leave work at the designated hour.

✓ **Focus on your personal relationships**

Be sure to focus plenty of energy on your personal relationships and your own happiness because those will last a lifetime longer than your current work relationship.

✓ **Healthy Body Healthy Mind**

To perform your best in your career, you need to feel healthy in body and mind.

Maintaining a balance in your professional and personal life will contribute to that outcome.

✓ **Take time out**

Even its parking up for five minutes – so you can breathe deep remove your work thoughts from your mind and replace them with thoughts of seeing your family when you arrive home.

You are changing your mindset – removing one hat and replacing it with another.

✓ **Become more caring**

A centered, spiritual focus can also inspire you to do more for those around you and help focus less on the shortcomings and frustrations in your own life. In becoming more caring, we become more than just a workaholic or someone's sibling—we become part of a community that gives strength.

✓ **Take the time to reflect on your life**

Taking the time to reflect on your life is an important part of your development and growth.

This is a necessary ingredient to achieve peace and balance in your life. Life in the 21<sup>st</sup> century can be so complicated and fast paced that it's no wonder so many people are struggling to achieve balance in their lives.

Following these strategies can help to bring peace and harmony to your life and happiness will naturally follow along from that.

Being in control of your own life is a learned habit, which will empower you and create a sense of well-being.

These forces alone will relax your stressors, to the point that they will disappear and your joy will emerge naturally.

## **In Summary**

***The good news is balance is achievable if you:***

- ✓ Recognise when there's a problem
- ✓ *Communicate your issues and challenges to the people who comprise of your most important relationships – both professionally and personally*
- ✓ Pay attention to the health signals your body gives you, especially when you aren't following optimal healthy routines
- ✓ *Make a concerted effort to curb any workaholic ways*
- ✓ Take time to nourish your personal and spiritual growth needs

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