

Here are some balanced actions you can take in the 5 significant areas of our life:

- 1) **Physical** - Sometimes it's hard to get into the habit of caring for ourselves physically and yet, it's so necessary. Pay attention to the "shoulds" in your mind and give yourself permission to do something physically that brings you great pleasure. I love the idea and spiritual aspects of yoga but sometimes the physical asanas are not what I want and need. And I'm a yoga teacher! I get bored easily so I allow myself to do many different movements including: walking, biking, Nia ([www.niamoves.com](http://www.niamoves.com)) yoga, dancing, machines or spinning at the gym. I always take my favorite magazines to read if on a treadmill. Now that I am heading North for a time, I'll spend more time in nature which will be delightful for my spirit.
- 2) **Emotional** - I believe in support groups and attend 12 step meetings that nourish me emotionally and allow me to express how I am feeling. This is a part of my personal make-up. I also journal which connects me to myself emotionally and this has been a consistent time for me to feel and release any grief stored in my body and mind.
- 3) **Spiritual** - While I have given myself a break from doing it every single day, a regular prayer and meditation practice has made the difference in my life and connects me to joy, inspiration and so many miracles. BLESSINGS FROM MARY offers a 4 step prayer and meditation practice that I offer as a free download. Many meditation tapes are available for others who like to listen to sound as a conduit for connecting spiritually. Sitting and breathing for only 5 minutes can be a powerful training for deeper spiritual connection. Whatever individually inspires you is what you can do for yourself to connect more fully to the Divine.
- 4) **Mental** - Learning, growing, allowing myself continued inspiration in important. My work and writing is very mental and intellectual for me. Find what you like to do with your mind. My daughter loves puzzles from NPR and "Wait, wait don't tell me" which is not for me at all. Perhaps documentaries or reading a non-fiction or even fictional book for entertainment can help with your mental nurturing.
- 5) *Relational* - Every day I have made it a habit to tell someone that I love them and/or are grateful to them for something. This may come in the form of an acknowledgment or appreciation. Sometimes it comes when I thank them for their kindness. On occasion, especially when our marriage seems a bit strained, I will put "tell Alan something you love about him" as a TO DO on my daily list. There is a shift in energy whenever I do.

Often when I am feeling out of sorts, I go to these 5 areas and ask myself which one needs some nurturing. Make your own list and try it for yourself.