

What You Can Do for Greater Balance and Life Quality

"The quality of life is determined by its activities."

~ Aristotle

The last post "[Is life quality more important than work life balance](#)" created some good engagement.

It is all too easy to get sucked into the "doing mode" and neglect to build in the yummy, restorative and balancing time and activities, we all need. Things which are not just good for the mind and body but for the soul as well!

Here are 15 reminders to support your efforts in magnifying your life quality.

Use these as seeds to grow your self awareness and consciousness in creating strong foundations of well-being.

And please do add to this list so we can all be reminded to schedule quality time for ourselves as we give to others.

Personal restoration and rejuvenation tips:

- 1 Know yourself. Gauge your energy levels and schedule accordingly? When are your peak and trough times?
- 2 Take power naps - a great means of re-charging
- 3 How could you make what you do fun?
- 4 Commune with nature. Enjoy a brisk walk in the fresh air or take time to smell the roses. Nature is a great healer, restorer and pulls your personal perspective together
- 5 Learn and use a relaxation technique such as meditation. This improves concentration, boosts mental clarity and decision-making.
- 6 Build a great support network around you – people who can nurture, challenge, love and be there for you. Turn to them more often.
- 7 Enlist the help of a buddy/coach as part of your support and wellness plan
- 8 Don't ignore the basics – exercise, fresh air, healthy nutrition - lots of fruits and vegetables, lots of water, hugs and cuddles from your loved ones
- 9 Remember a healthy, stress-free you also means a much more resourceful, calmer and productive you
- 10 Ask yourself - what is one small thing I can do **today** to contribute towards my well-being?
- 11 Keep a sense of humour and feel free to **laugh** at yourself
- 12 Give yourself treats – a massage, day spa, retail therapy, a matinee. They can even be little treats you have scheduled for yourself during the day.
- 13 Treats whether big or small provide a “mental bonus” and will help you feel good
- 14 Do more of the things you love. List your favourite activities in one column and on another note when was the last time you did it. This exercise tends to be very revealing. Okay – so you know what is coming next. Find one you could do fairly immediately and then just do it
- 15 Shift your focus from doing to being. "Don't just sit there! Do nothing!" (Source unknown)

What's your favourite?

I look forward to hearing about how you restore yourself not just when you are badly in need of it but also as an ongoing habit and practice.

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