



3 crucial skills to maintain balance

Goldilocks and the three bears is an old story, but really gives humanity a roadmap of the importance of balance. We cannot take life too seriously or we do not have any enjoyment on joys of being human. If we are too carefree and never make worry about tomorrow, we do not plan for the future and struggle. To grow and maintain your version of balance is the best way to carve a meaningful life in this long journey while smelling the roses along the way. There are countless ways to stay balanced, but if here are 3 with lots of impact:

Mindfulness - You are where your attention is. If you spend most of your time thinking negative thoughts or worrying about events that have not happened, then that energy is wasted and cannot be spent on something more useful. Can you sit 5 minutes in silence and just relax and hear your slowly inhale and exhale? If you struggle in this simple activity, then you may have difficulty slowing down your brain. Your brain needs space to wander into your past, present, and future. When things are quiet see if your thoughts turn negative or positive?

With mindfulness, if you can think enough ahead with clarity and patience you can build some strong momentum. Think of your life like dominoes that you set up to knock over. The more you practice the better you get at spacing the dominoes out correctly and same goes with life. Life goes by too fast on a day to day basis to just make quick decisions that are short term and does not consider long term goals. No one can control the future in any way, shape, or form; but mindfulness can organize your thoughts to make long term planning fit into current short-term goals.

Emotional Intelligence - We grow through experiencing complex emotions. The more you explore all ranges of your emotions the more you grow as a human. We

are emotional creatures and most of our decisions are based purely on emotions that we many times ignore common logic. A persons' job is not to control their emotions, but to fully understand and embrace their entire expansive emotional capacity. Once you better understand your emotions, you can fully processing logic while still embracing how you feel. Make it a goal to understand each of your emotions well, when to use them, and which ones you still need to improve. Humans display so many complex emotions and those emotions are what drives our energy, thoughts, and behavior.

Keep properly stimulating your brain - The brain needs to be stimulated in order to build neuroplasticity. You need to be creative, try new things, change, and modify patterns and habits to keep your brain learning. When your brain starts to like trying things which are new, that helps redirect negative thoughts patterns and gives you motivation to be excited about the unknown. Novelty is the inoculation from boredom and fear of the unknown

A brain that is not active enough will start to run into cognitive and emotional difficulties. We wear ourselves out with anxieties and unfulfilling work that when we go home, we do not spend that time properly recharging our mental batteries. Your brain can still be active when you leave work and still be able to learn from its environment. If one's diet is poor and you are not training your brain, that is fertile environment for depression, anxiety, weight gain, lack of emotional connection, and impulsive behaviors. Just like physical exercise, you should push your brain a couple times a week with something that is challenging. Mental exercise keeps you out of any ruts and gets you more excited about your day.

We at Balance Lifestyle Coaching help people find what drains their energy and what help them grow in a positive direction. Let us help you change bad patterns of thought from current or previous environments and help guide your positive path forward. Contact us to setup an introductory call to learn more about our programs to see how we can help you become the best version of yourself

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