

## INVITING IN BALANCE

When inviting in balance, it can be a challenge to move past “pass or fail,” “success or failure.” Balance helps us to consider steps, choosing progress verses “it all has to be done right now” and “done perfectly.” When we take steps, this helps us not to burnout, fight against un-healthy thinking, and boosts our self-esteem. A flexible and realistic schedule helps us to build positive evidence and invite in balance. Below are tips to help with balance with prioritizing and enjoyment.

### THINGS TO CONSIDER

#### When do I have the most energy?

For example: 4am to 11am 12pm to 3pm 4pm to 8pm 8pm to 12am

#### What is absolutely required for the day?

For example: Job hours, Meal times, Picking up children

#### What can I attach to muscle memory (something done daily)? (Source: [therapistaid.com](http://therapistaid.com))

For example, after I brush my teeth, I will meditate.  
current habit                      new goal

#### What beneficial reward (doesn't have to cost money) can I add? (Source: [therapistaid.com](http://therapistaid.com))

For example, after I do the dishes, I'll watch an episode of a show I like.  
new goal                                      reward

#### What can I do in bursts for motivation?

For example, watch a show, and do bursts of cleaning during ads.

For example, setting a timer and do one activity only during that time.

### TIPS

#### Generate a schedule with blocks of time, not hour by hour

For example before lunch, I will \_\_\_\_\_. For example after dinner, I will \_\_\_\_\_.

This helps get out of the thought cycles of “I was supposed to do it at 8am, I failed.” It also allows flexibility of surprises like a child who forgot their lunch when you had planned a goal.

#### View tasks as steps verses it all has to be done at once

For example, Goal is “I want to paint this room.” Tasks can be completed through several days. (1) I will buy the supplies (2) I will sweep down the walls (3) I will paint the trim. (4) I'll paint the walls. (5) I'll hang the decor. Think of mini-goals verses all or nothing.

#### Not everything is required to do every day

Adulting can be challenging. To go to work, care for household of pets and/or children, exercising, cooking, eating meals, hobbies, rest, connecting with friends, connecting with family...the list keeps going....this can be a lot to do in one day. Think about what can be done M, W, F and what can be done Tu, Th. What can be done weekdays or weekends only. When considering this, remember the above information and plan around your best hours and with blocks of time.

## Consider Scheduling Themes

For example: Chores, Quality Time, Rest, Hobbies, Relaxation. Scheduling themes allows flexibility so that if you don't have the energy to clean the kitchen but have done the dishes, you've still completed a chore.

## Template Example

Time	M	T	W	TH	Fr	Sa	Su
<b>5am-11am</b>	Coping Skill Hygiene Work Breakfast	Coping Skill Hygiene Work Breakfast	Coping Skill Hygiene Work Breakfast	Coping Skill Hygiene Work Breakfast	Coping Skill Hygiene Work Breakfast	Coping Skill Breakfast Quality Time Chore	Coping Skill Hygiene Breakfast Hobby
<b>Ideas</b>	Deep breathing Brush Teeth Work Breakfast at Home				Write Gratitude List Shower Work Eat out		
<b>12pm-3pm</b>	Coping Skill Work Lunch Replenish	Coping Skill Work Lunch Replenish	Coping Skill Work Lunch Replenish	Coping Skill Work Lunch Replenish	Coping Skill Work Lunch Replenish	Coping Skill Lunch Rest Community	Coping Skill Lunch Rest Quality Time
<b>Ideas</b>		5 min stretching Work Cook lunch 10 min hobby break					
<b>4pm-7pm</b>	Work Commute Meal Replenish	Work Commute Meal Rest	Work Commute Meal Replenish	Work Commute Meal Rest	Work Commute Meal Replenish	Coping Skill Meal Rest Quality Time	Coping Skill Meal Rest
<b>Ideas</b>			Work Podcast Cook 10 min call with friend				
<b>8pm-10pm</b>	Coping Skill Hygiene Rest	Coping Skill Hygiene Quality Time	Coping Skill Hygiene Rest	Coping Skill Hygiene Quality Time	Coping Skill Hygiene Rest	Coping Skill Quality Time Hygiene Rest	Coping Skill Chore Prep for work Rest
<b>Ideas</b>				Progressive Music Relaxation Brush teeth Puzzle with partner			

Created by Cynthia McSwain, LCMHC

[www.fireflycounselingnc.com](http://www.fireflycounselingnc.com)