

## Balance Wheel Activities

### Active Living

- Lead or organize an employee activity group.
- See the sights in new cities by walking, jogging or bicycling.
- At the beach, sit and watch the waves instead of lying flat. Better yet, get up and walk, run or fly a kite.
- Play singles tennis or racquetball instead of doubles.

### Life Balance

- When you are caring for a loved one, take time to care for yourself.
- Build downtime into your schedule.
- Turn every occasion in your life into a positive – even negative experiences can be seen as “What can I learn from this?”.
- Use all of your vacation time.

### Take Control

- Surround yourself with healthy, happy people, and their positive energy will affect you in a positive way.
- Try to smile and greet 10 strangers.
- Avoid direct sun exposure between 10 a.m. and 4 p.m. when the sun’s rays are strongest.
- Celebrate 4th of July by attending only public fire works displays put on by trained professionals and stay back at least 500 feet from the launch area.

### Healthy Eating

- Go to ChooseMyPlate.gov and find out what counts as a dairy serving.
- Don’t use the salt shaker at all today.
- Eat a grilled chicken sandwich not a burger next time you eat out or BBQ.
- Eat light buttered popcorn not butter lovers popcorn.

### Stress Management

- Visualize Calm. Close your eyes, take three long, slow breaths, and spend a few seconds picturing a relaxing scene, such as walking in a meadow, kneeling by a brook, or lying on the beach. Focus on the details — the sights, the sounds, the smells.
- Divide a piece of paper into two parts. On the left side, list the stressors you may be able to change, and on the right, list the ones you can’t. “Change what you can, “and stop fretting over what you can’t.”
- To improve your stress level, plant a small garden, cultivate a flower box, or if space is really limited, plant a few flower pots -- indoors or out.
- Keep your kids occupied. Enriching activities keep kids happy and stimulated so boredom doesn’t create misery for the whole family.
- Stop Gritting Your Teeth. Stress tends to settle in certain parts of our bodies, the jaw being one of them. When things get hectic, try this tip from Dr. Cooper: Place your index fingertips on your jaw joints, just in front of your ears; clench your teeth and inhale deeply. Hold the breath for a moment, and as you exhale say, “Ah-h-h-h,” then unclench your teeth. Repeat a few times.
- Do Some Math. Using a scale of one to 10, with one being the equivalent of a minor hassle and 10 being a true catastrophe, assign a number to whatever it is that’s making you feel anxious. “You’ll find that most problems we encounter rate somewhere in the two to five range – in other words, they’re really not such a big deal



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# POSITIVE CHOICES ENHANCE HEALTH

## Well Balanced For Life! Employee Healthy Living Program July 2011 Balance Wheel



YMCA OF GREATER SEATTLE