

# Practical Tips for Balancing Body and Mind

By

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Creating balance in our lives is an important part of our wellness. Overall, a balanced life can mean many things to many people, but ultimately, it means making sure we have time to do the things that make us feel happy, fulfilled, and healthy.

Here are a few tips I've put together to help you find the crucial balance between mental and physical wellness.

1. **Value yourself.** Treat yourself with kindness, respect, and self-appreciation. Do your best to avoid self-criticism and negative thinking. Make yourself a priority when necessary and applicable.

2. **Take care of your body.** Eat nutritious food, avoid smoking and alcohol, drink plenty of water, exercise any way possible, and get enough sleep. Go to the doctor and dentist regularly to keep your body in top physical form.
3. **Surround yourself with good, positive people.** Make sure you have a strong family and friend network who loves and supports you. Ensuring you are in a healthy intimate relationship is also critical to both your mental and physical wellbeing.
4. **Give of yourself.** Volunteer your time and energy to help someone else. Volunteering can have tremendous benefits on your mental health.
5. **Learn how to effectively deal with stress.** Practice coping skills like reading, listening to music or getting out in nature. Smile and laugh as much as possible.
6. **Quiet your mind.** Finding time to sit, quietly and alone while meditating, praying, doing yoga/stretching or journaling. Relaxation exercises can help you feel calmer and more balanced.
7. **Break up the monotony of your life.** Get out and explore or take an adventure. Visit someplace new or alter your routine. Paint a wall, plant a garden, learn a new language...adding something new and exciting to your life can do wonders for your wellness.
8. **Avoid alcohol and other drugs.** Avoiding alcohol altogether or at least keeping alcohol use to a minimum can help your mental and physical wellness tremendously. Try replacing these habits with healthier alternatives.

**For more information about balancing your mental and physical wellness, visit our website at [inspherationlifecoaching.com](http://inspherationlifecoaching.com) or email [misti@inspherationlifecoaching.com](mailto:misti@inspherationlifecoaching.com).**