



Finding Balance in a Fast-Paced World

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The Pace of Life in 2024

- The expectation for more and faster response
- Continually changing circumstances
- Increases in our responsibilities & work-load
- Not enough time for the things we enjoy

Ever-Increasing Stress Levels

- It all adds up to more stress
 - participant experiences
- Why stress is a threat to our health
- How lack of balance contributes to unhealthy stress levels in the mind and body



Potential Health Problems

- Physical problems such as heart disease, cancer, stroke, diabetes, etc.
- Mental & emotional problems like anxiety and depression
- Attitude problems such as negativity or pessimism



The Benefits of Living a More Balanced Life

- Less stress & stress-related illness
- Better relationships with family members, friends, etc.
- Increased job satisfaction
- More happiness in life



Find Greater Balance – Prioritize

- Identify/rank the areas in life that are most important to you (exercise)
 - family, career, health, hobbies, etc.
- Intentionally spend more time in those areas – it's a key to life satisfaction
 - schedule activities that are important to you



Find Greater Balance - Plan

- Set realistic goals for the day - stay focused on the “have to’s” & don’t overcommit
- The importance of tackling the toughest tasks in the AM
- Don’t schedule yourself too tightly, or leave important tasks to the last minute
 - avoid unnecessary stress & pressure



Find Greater Balance – Be Intentional

- Intentionally keep your life in balance
 - don't confuse activity with productivity
 - take your breaks (at work & at home)
- Plan leisure & fun daily
 - need to recharge our batteries

