

STRUGGLING & JUGGLING? FIND BALANCE!

Finding yourself juggling school, work, family, friends, play?
It's all about balance!

WHAT IS BALANCE?

Balance is unique to you! It is a self-defined, self-determined state of mind. It can broadly be defined as being able to manage multiple responsibilities at work, home and in your community. Good balance supports physical, emotional, family and community health.

SIGNS THAT YOU'RE BALANCED:

- You're healthy.
- You have a sense of control in your life.
- You're happy!
- You can manage stress effectively.

SIGNS THAT YOU'RE OUT OF BALANCE:

- You get sick a lot.
- You feel tired all the time.
- You feel as though you have no control.
- You feel stressed out.

WHAT CAN I DO TO GET MORE BALANCE?

1) **Be sure to get enough sleep**

Almost 31% of SFU students report that sleep disturbances have affected their academic performance and 13.7% of students report they're not getting enough sleep to feel rested (NCHA, 2004).

You may require as little as 5 hours of sleep per night and as much as 9 – the optimal amount is biologically different from person to person. You're getting enough if you can function throughout the day without feeling drowsy when you sit quietly and try to pay attention to something!

2) **Make time for things that are important to you.**

If you know that you feel more 'well' when you're able to participate in your favourite activity, or hang out with your best friends, or whatever else is important to you, then make the time to do it! Just like we schedule meetings and school, we should schedule things that are important to us so that we can feel balanced!

3) **Stay physically active.**

Canada's Physical Activity Guide advises us to accumulate 60 minutes of moderate physical activity every day to stay healthy or improve health. Accumulated activity means that you could do 10 minutes at a time if you prefer! Try parking at the end of the parking lot, or take the stairs to get to classes!

4) **Eat balanced meals and nutritious foods.**

Only 10% of SFU students are getting enough fruits and vegetables, which means a whopping 90% are NOT (NCHA, 2004). A balanced meal is one that includes foods from at least 3 of the 4 food groups. An example would be a breakfast containing whole wheat toast (whole grains), peanut butter (protein) and some fruit (fruits & veggies). If you add a glass of milk to that—all the better!

5) Take time out every day for **FUN, RELAXATION, FAMILY & FRIENDS.**