

January 19, 2010

Hello!

I hope everyone survived the holidays and enjoyed spending time with their family! In such a busy world it is so easy to find ourselves overextended and "off balance". To start the New Year off right, my hope of January's information is to help find balance for yourself and family. Finding a good balance in life can lessen stress, improving your mental and physical health. Take a minute to reflect on the quality of your life by identifying all the different areas within your life. Are there specific areas that have been ignored and pushed to the side? What roles do you play on a daily basis? Are there some areas or roles within your life that get too much attention? Were you ever able to find time for yourself? What are your priorities in life? Does the way you spend your time reflect these priorities?

There are many different dynamics related to wellness and balance: quality relationships, maintaining physical health by eating well and exercising regularly, finding time for relaxation and knowing how to unwind, spirituality/faith, having a purpose, family life, and financial balance....just to name a few! I'm sure you could add to this list and hope you are able to take some time to identify the important dynamics in your life and work to find the right balance for yourself and family. The goal of this month is just that! The information provided is meant to help prioritize life by committing to changing things and choosing things that will bring you and your family closer to balance.

I hope that the enclosed information will help you as you plan for a successful 2011! As always, let me know if there are any ways that you think I could be of help to you or members of your support group. You can contact me at my email at jennifer.bobo@louisville.edu or by phone at 502.852.7811.

Wishing you a wonderful 2011,

Jennifer