

Mastering the Art of Balance

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#WellbeingWarriors

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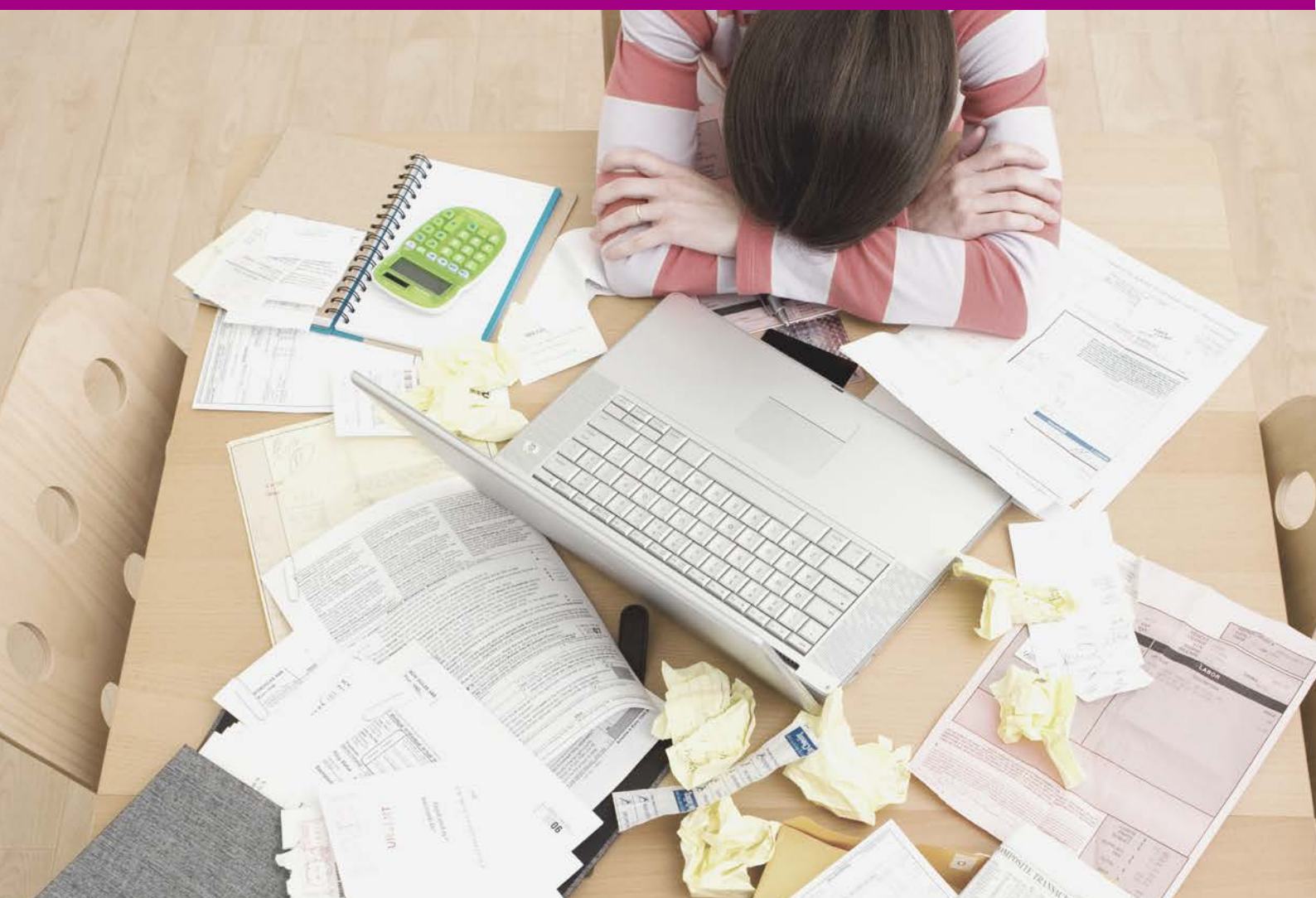
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Your world as you know it has changed! You may be feeling confused and uncertain. You're still trying to figure out what you need to do, how you need to do it, and you're worried about the lack of time within which to do it. Maybe all these thoughts and feelings have led to you not doing anything at all. It is natural if you are feeling overwhelmed at this time, with your head feeling as though it is going to burst, trying to figure out what to do!



BALANCE ISN'T SOMETHING YOU FIND,
IT'S SOMETHING YOU CREATE.

JANA KINGSFORD



HOW TO CREATE YOUR BALANCE



TAKE CARE OF YOURSELF

Use this time to consistently engage in activities that are good for you to build up your coping immune system.

This includes exercising, healthy eating and nutritional habits, managing your time, working on your academics and reaching out to your social support.

MAKE TO-DO LISTS

To-do lists help to get everything that is in your head, on paper. This leads to feeling more in control. Prioritise these activities according to importance.

Start with ONE thing at a time. Come up with a practical solution to each item on your list.



MAKE TIME TO RELAX

Arrange your schedule, whilst at home during the lockdown, to include academics and relaxation time. You always need to make time to relax.

Choose a self-care activity ranging from 15 minutes to an hour DAILY.

Drinking your favourite type of coffee or tea; spending time outside if possible; chatting to a friend; reading something inspirational; listening to your favourite music, etc. are some ideas.

Remember, in the long run, people who make time to relax are more able to cope with stress than those who do not.

MANAGING YOUR TIME

Start by working out exactly how much time you have, and then using that time effectively. Once you have done that, set goals and rewards for yourself for achieving them.

Also remember to calculate how much time you would need per module. Figure out what works best for you - to work on one module per day or to work on three?

Balance is the key to everything. What we do, think, say, eat, feel, they all require awareness and through awareness we can grow.

Koi Fresco



SCHEDULING

Calculate the time you have available in a week. Remember that this is an approximate value; you might have underestimated or overestimated the time it takes to do certain activities. A good idea is to track your activities for a week and then re-calculate.

Using a master weekly schedule, plot all your fixed activities into your schedule so that you can visualise where your “study time” is. It might be helpful to colour-code your activities. For example, all your studying time can be in blue, mealtimes in red and relaxation in green, etc. Our brains love working with colours and pictures, so use this to your advantage.



A STAY HOME MESSAGE

You could see this time during lockdown as an opportunity to practise self-discipline and managing your studies with a lot less distraction (socialising, etc). It also creates space and time for you to take care of yourself - mentally and physically. It can be a time of finding your balance!

There are certainly things that are out of your control. But there is still a lot that you can control. What you choose to do with this opportunity is up to you.