

# Struggling and juggling? Find Balance!

LANGARA HEALTH SERVICES – HEALTH TOPICS

Find 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 are balanced

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

### Signs you are out of balance

- You get sick alot
- You feel tiered all the time
- You feel as though you have no control
- You feel stressed out

## WHAT CAN I DO TO GET MORE BALANCE?

### Be sure to get enough sleep

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

### 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 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.

### 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.

### 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 atleast 3 of the 4 food groups. An example would be breakfast containing whole wheat toast (whole grains), peanut butter

**CONTACT US**  
Langara Health Services

- Name  
Phone  
Email
- Name  
Phone  
Email
- Name  
Phone  
Email

[www.langara.bc.ca](http://www.langara.bc.ca)

(protein), and some fruit (fruit and veggies). If you add a glass of milk to that - all the better!

**Take time out every day for FUN, RELAXATION, FAMILY, and FRIENDS**

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