

Maintaining Your Emotional Balance

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Participants will:

- Take a personal survey to assess their emotional balance
- Learn the key elements for maintaining emotional balance
- Explore activities and cognitive approaches for wellness
- Develop a personal wellness plan

1. Everyone has a different tolerance for stress depending upon their personality and the things that they do for fun and wellness. Glasser lists 5 basic human needs. When these needs are not being met we become “out of balance” and at risk for becoming overwhelmed and shutting down. The five needs are:

1. Survival (shelter and food)
2. Love & belonging
3. Power
4. Freedom
5. Fun

2. Personal Wellness Survey

3. Calculate Your Personal Wellness Ratio

Everyone is different, so there is no ideal wellness ratio. If you are in good balance right now then the number you came up with today is your wellness ratio. If something stressful happens in your life you need to add something or put more time into wellness activities to maintain your personal wellness ratio.

4. Ways to maintain your balance (5 Categories)

1. **Activities:** Doing something (physical activity, creative or artistic expression, gardening, reading, warm baths and movies)
2. **Cognitive practices:** REBT, Glasser and Peck
3. **Mindfulness:** Meditation, Yoga, Breathing exercises, Guided Imagery and Music
4. **Diet & Rest:** Eating right and getting enough sleep
5. **Belonging:** Family, friends, pets, clubs, organizations and religion.

**The key is to have something in all five categories and do them on a regular basis.*

You want to have all, or as many of these in your life because something could happen that could take one or more away from you.

5. Guided Imagery Exercise

6. Develop Your Own Plan with a backup plan

- Are you getting all your needs met?
- Which ones do you need to work on?
- What are some things that you could try?
- What are the most effective things are you doing now?
- What is your backup plan?