

Touchstones Project Theme: Balance



Try a one-minute balance break.... You can time yourself with a wristwatch or clock. Sometimes it's better to close your eyes and just count nine or ten breaths.... When you have finished, slowly open your eyes and let yourself return to your surrounding environment. What did that balance break feel like for you? Frequently, participants ... describe their experiences as calming, relaxing, or refreshing.

...Practice taking a balance break at least once each morning, even if you don't think you need it. Take another during your lunch break and one more later in the afternoon. Remember, we're talking only three minutes here. If you can't take three minutes out of the day to bring balance to yourself, then you need to evaluate your lifestyle and values. *Donald Altman*

Your life is whirling around you, and you feel dizzy and ready to fall. Now is the time to look for support. Find some firm ground to stand on, and then ...ask others to stand beside you to help maintain your balance.

When you were a child and whirled around ...you kept a firm grip ...so that no matter how fast you were going or how many times you circled, you had support and did not fall. Remember ...get a firm grip and then start whirling. Your support ...can be many different things or people. Once it is in place, you will be ready for whatever may throw you off balance. So be sure it's anchored well and that you are firmly supported.... *Bernie Siegel*



Join us in exploring Balance

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