



August 2023

Life Balance

Elements of Living Well

It takes more than “an apple a day” to live well in today’s hectic world. A healthy lifestyle requires that the body, the mind and the spirit work together. If one part is sick or stressed, the other parts suffer, often without our knowing it. Below are some of the things to consider when trying to bring your life back into balance.

Control Stress

A moderate amount of stress can be good for you. It keeps you alert and engaged in the world. But too much stress can be overwhelming, can cloud thinking and can interfere with relaxation. Taking time for yourself regularly can help you approach situations with more control and get more enjoyment out of life.

Eat Right

Eat sensible amounts of nutritious food. Eating right can help you feel your best and control your weight. Too much of any one kind of food or beverage can take your body out of balance. Too much caffeine can make you tense or sleepless. Too much alcohol can cloud your thinking. A balanced diet and caffeine and alcohol in moderation can do wonders to help you feel fit.



Exercise Regularly

Participate regularly in some enjoyable physical activity. Although there are different types of exercise to achieve different goals (such as aerobic exercise for heart health), you don’t have to take up running or power walking to reap the benefits of some physical activity. A day spent gardening or an evening with friends at the bowling alley can provide other benefits if you find the activities relaxing.



Rest Your Mind and Spirit

Don’t forget that your mind and spirit need a balanced diet and exercise as much as your physical body does. If you find yourself constantly worrying about a problem, talk about it with a friend or make an appointment to see a counsellor. Maybe going for a walk, reading a book, or enjoying a hobby can also help you relax mentally. All work and no play can make you not only dull but also sick.

Get a Variety in Life

Variety is essential in maintaining a healthy lifestyle. If you’re in a rut, over stressed, not eating well or not getting any exercise, vary your routine. Regularly implement just one small change in your routine and it can make a world of difference.

How do I book an appointment with a counsellor?

Simply phone one of the numbers listed below. One of our administrative assistants will be pleased to help you arrange your appointment.



305 - 394 Duncan St
Duncan, BC V9L 3W4

Vancouver Island Counselling

Duncan: 250 746 6900

Nanaimo: 250 754 8222

Port Alberni: 250 723 7001

Victoria / Gulf Islands / Lower Mainland

1 877 746 6911