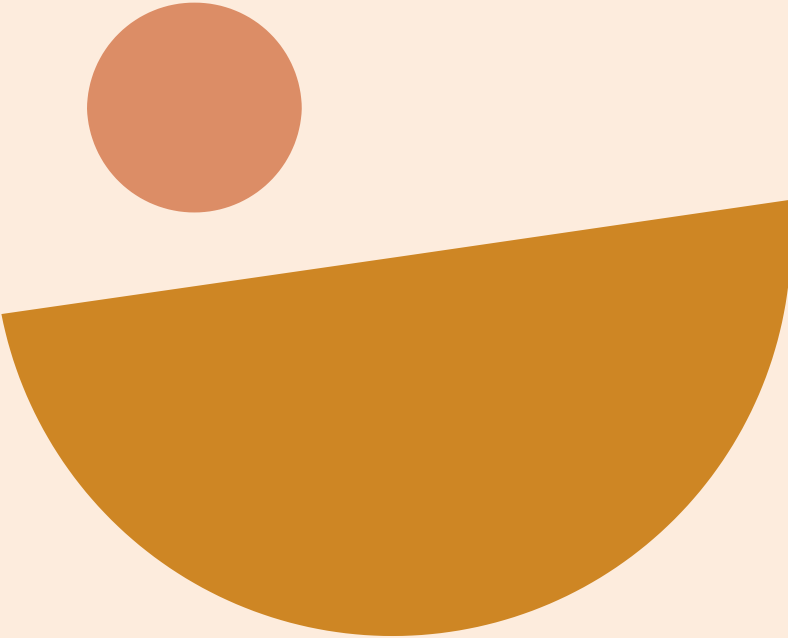


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B A L A N C E
M A T T E R S

What is balance?

Balance involves living a life that reflects your **personal values**

Balance involves **setting priorities, saying no, planning ahead, slowing down, and reflecting**

We can **model** a balanced lifestyle

We can help our kids **navigate finding balance** of their own

How to support balance for your child

Let your child have a say in what
they are involved in

Talk to your child about what is
important to them

Be sure to allow for free time and rest

Encourage exploring a variety of
activities and interests

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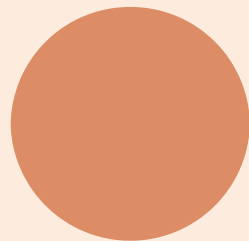
**Interested in diving deeper?
Follow this link for interactive tools
about lifestyle balance**

<https://www.changetochill.org/finding-balance/>

**click
here!**

The background features several abstract, hand-drawn shapes in shades of pink, light blue, and olive green. A large, light pink circular brushstroke is positioned behind the 'click here!' text. A black arrow points from the text towards the URL above.

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Join us next week:
Nutrition Matters



Content Created

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**B A L A N C E
M A T T E R S**