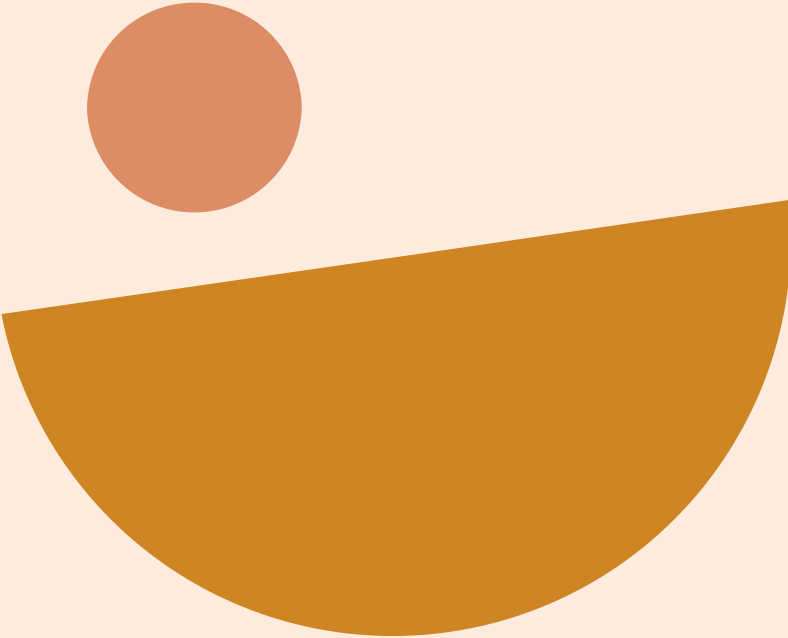


# Mental Health Matters Series - Topic Seven



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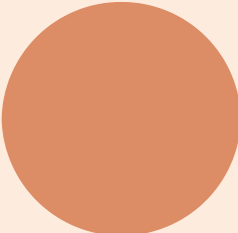
**Interested in diving deeper?  
Follow this link for interactive tools  
about lifestyle balance**

**<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 originates from the 'click here!' text and points towards the URL above.

# Mental Health Matters Series - Topic Seven



Join us next week:  
**Nutrition Matters**

*Content Created*  
*By Tara Allert, EdD, LPC, SAC*  
Gundersen Health System Therapist



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