

Your Whole Life Hangs in the Balance

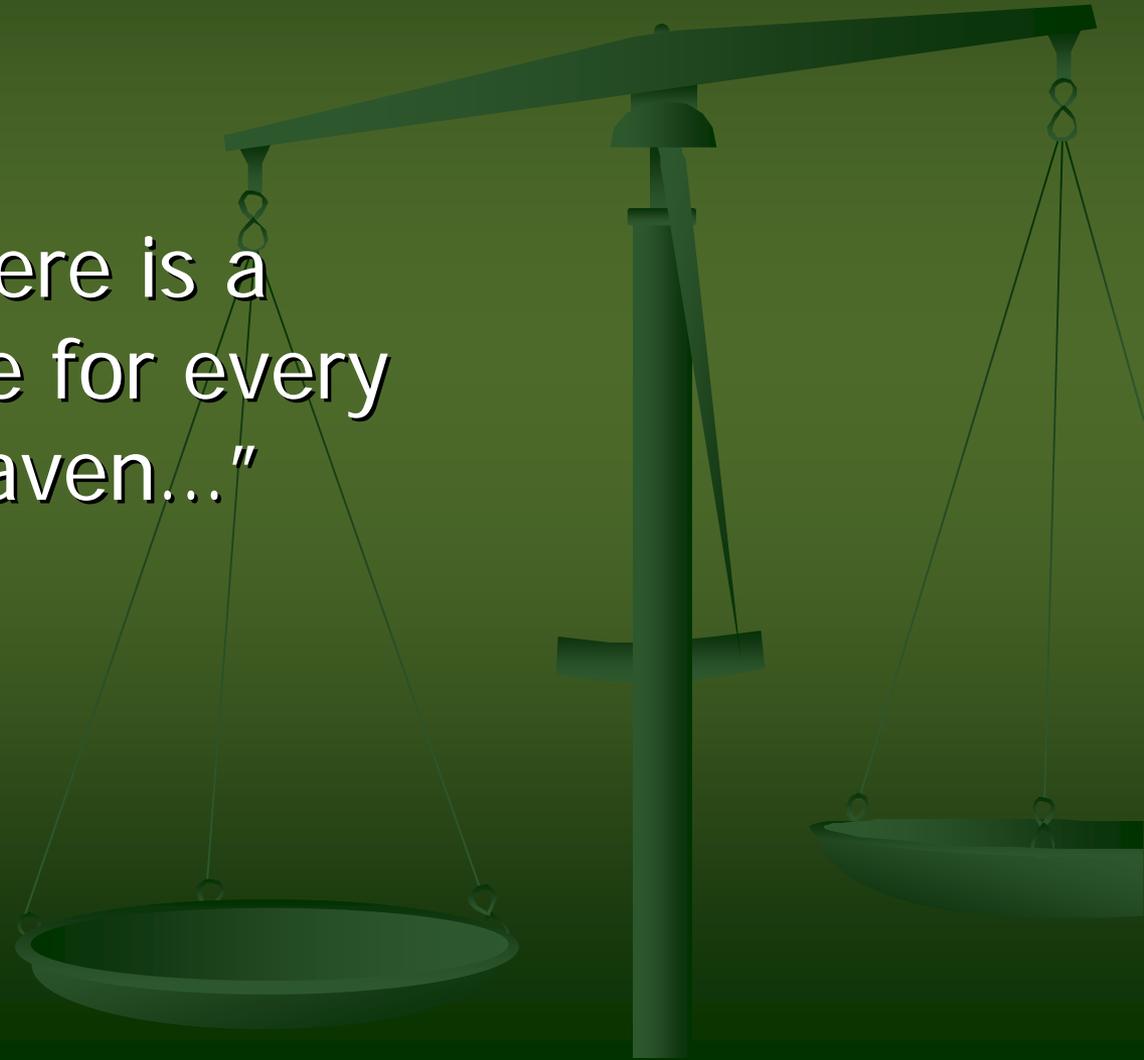


Pamela J. Firle, MA, LPC

Balance is the essence of the natural order of creation

“For everything there is a season, and a time for every purpose under heaven...”

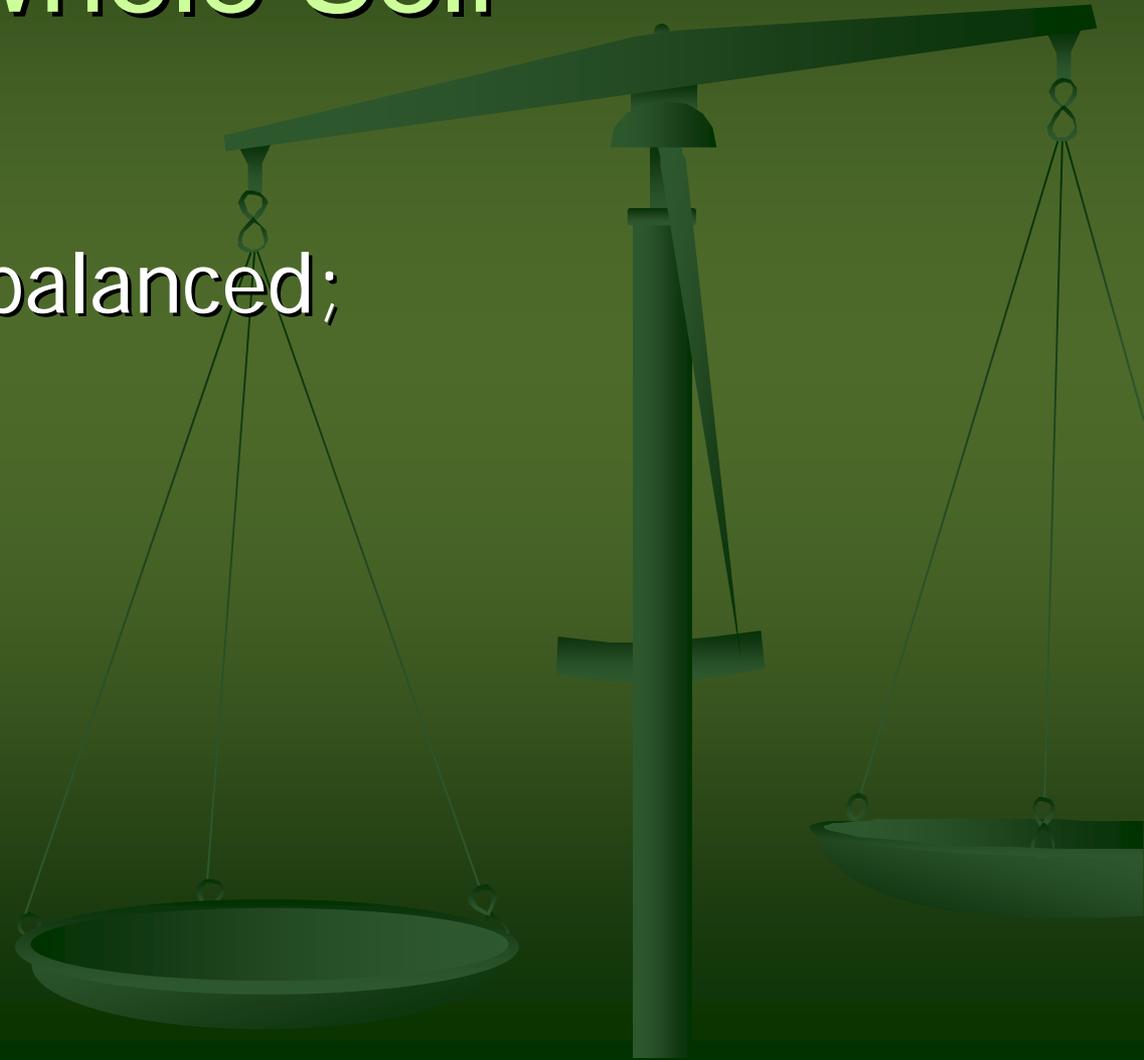
Ecclesiastes 3



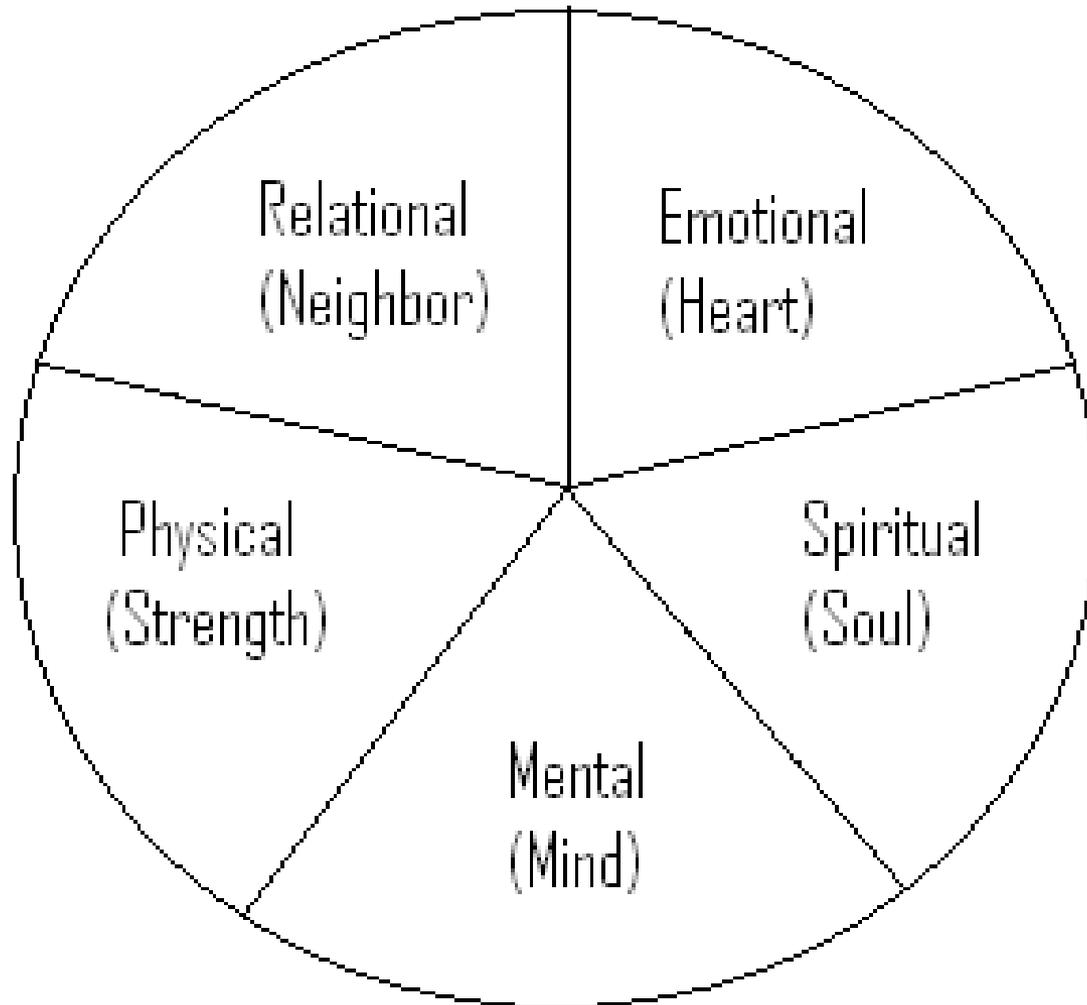
Balance is the key to creating a whole Self

“Blessed are the balanced;
they shall outlast
everyone.”

Rick Warren
A Purpose Driven Life



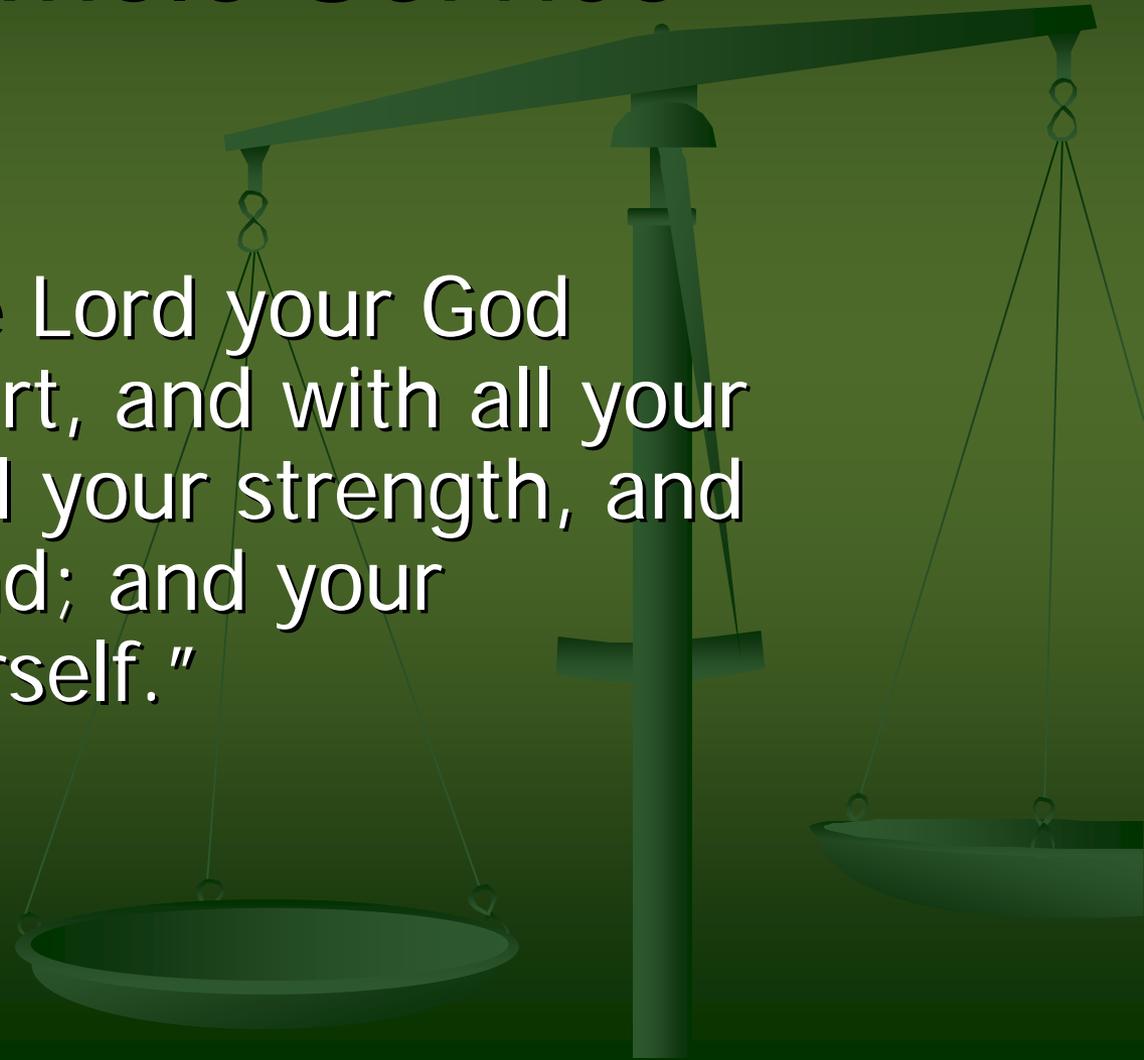
parts of the self



A whole Self prepares us to offer whole Service

“You shall love the Lord your God
with all your heart, and with all your
soul, and with all your strength, and
with all your mind; and your
neighbor as yourself.”

Luke 10:28



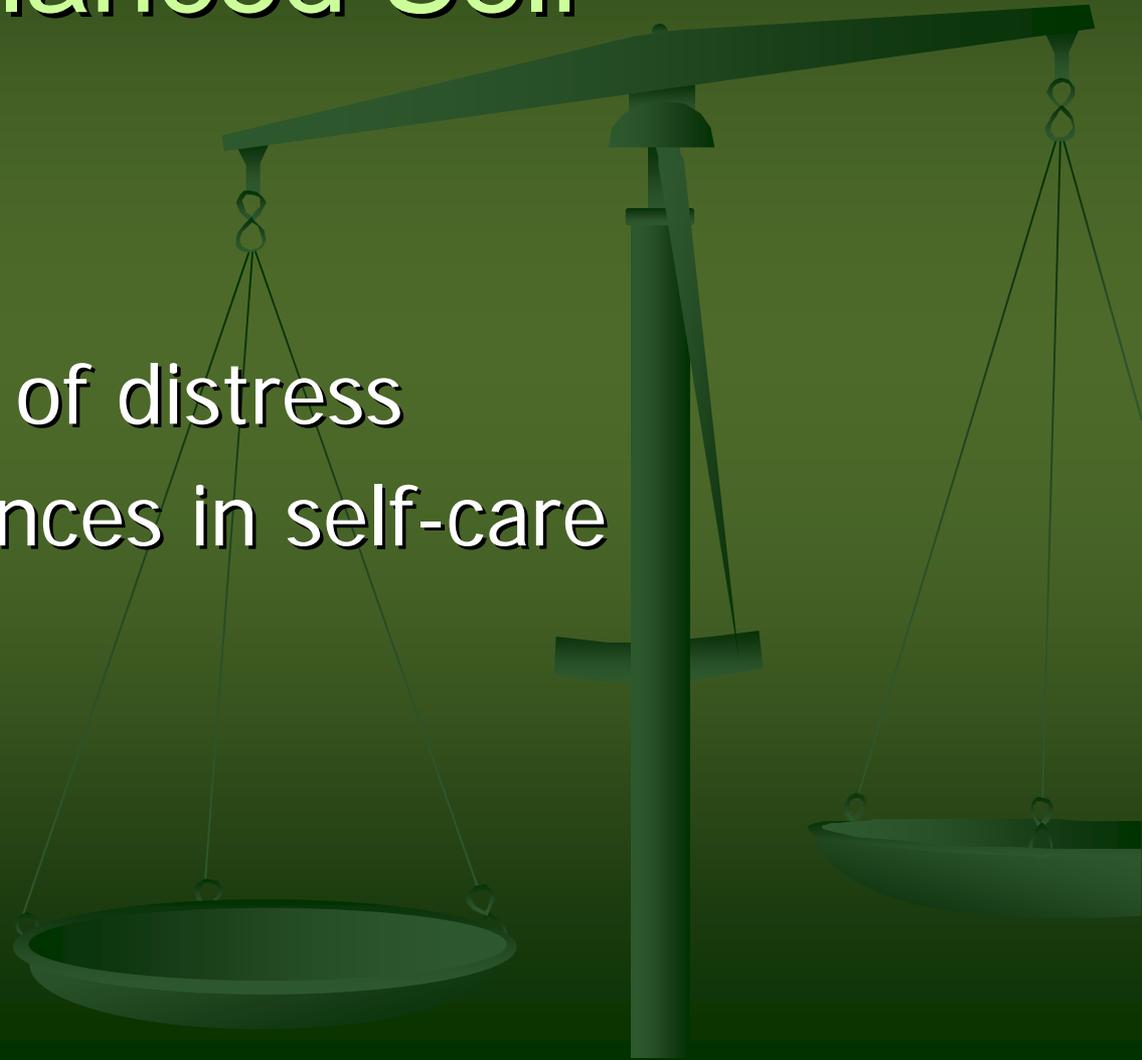
Creating and maintaining a balanced Self

- Watch for signals of distress



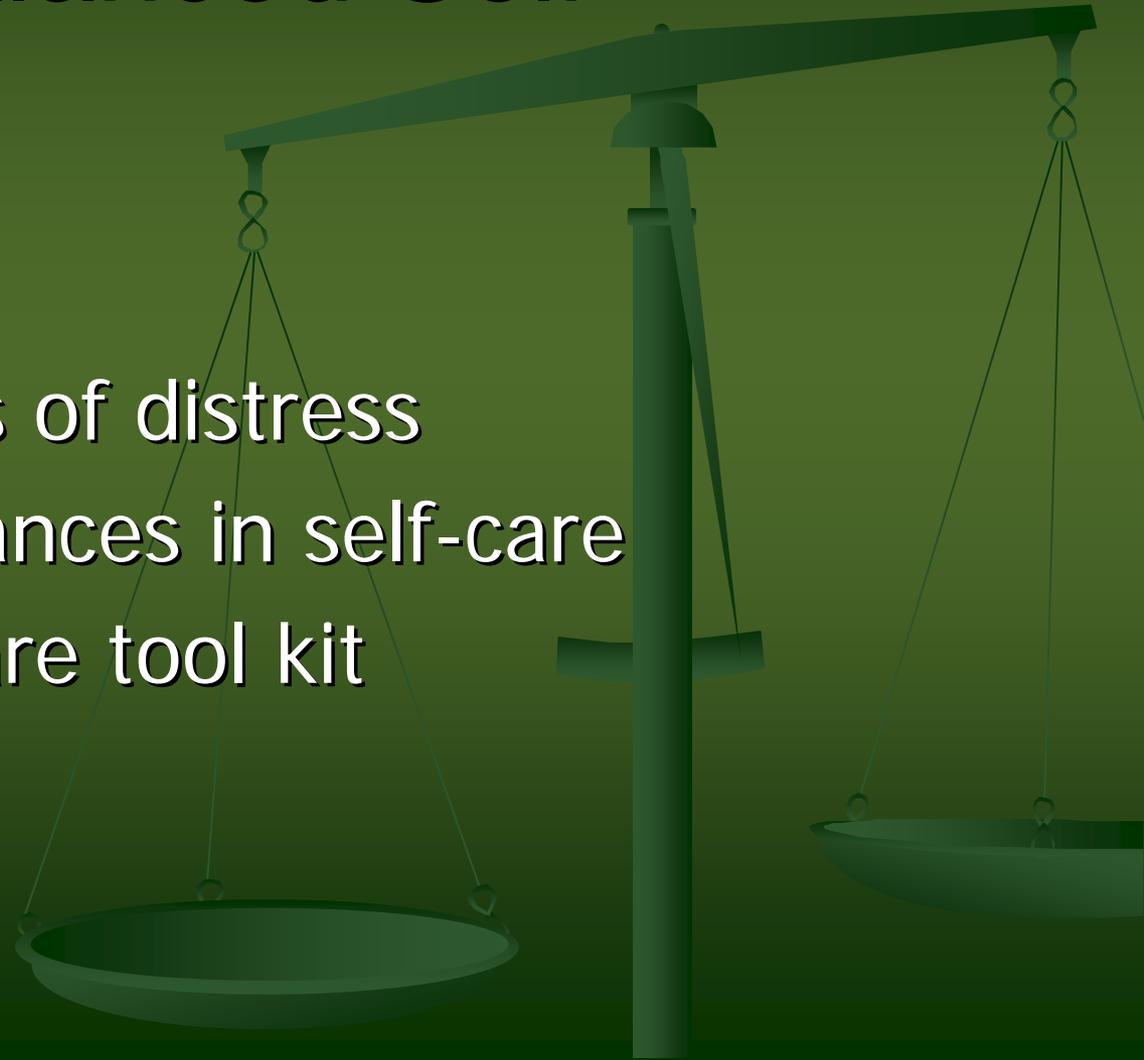
Creating and maintaining a balanced Self

- Watch for signals of distress
- Assess for imbalances in self-care



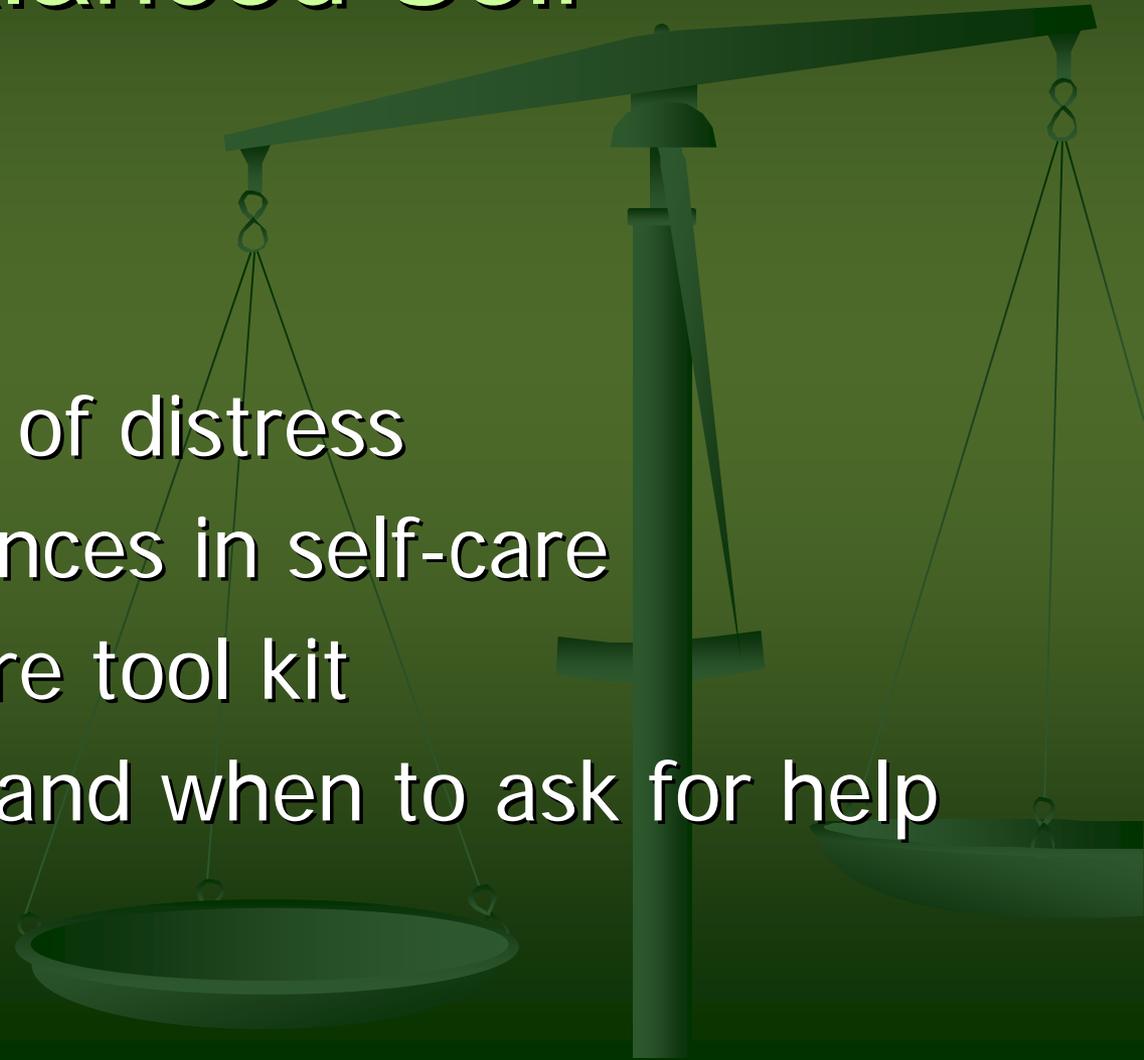
Creating and maintaining a balanced Self

- Watch for signals of distress
- Assess for imbalances in self-care
- Develop a self-care tool kit



Creating and maintaining a balanced Self

- Watch for signals of distress
- Assess for imbalances in self-care
- Develop a self-care tool kit
- Know your limits and when to ask for help



Attending to our need for balance is not selfishness – its stewardship

- Selflessness – needs of others only
- Self-care – balance needs of self and others
- Selfishness – needs of self only

