

## Debbie Devine, Licensed Professional Counselor

<http://therapists.psychologytoday.com/32396>

Dear friends and clients;

In my last Newsletter, I talked to you about balance in relationships. Since balance is the key to a healthy, contented lifestyle, I would now like to address balance in your personal life.

*In all things, moderation...*

There are several aspects to our daily living, from the moment we wake up until we fall asleep at night. These areas are all important, but many times one gets much more focus than the others, leading to depression or anxiety. For instance, we are obsessed with a relationship, a hobby, our health or career...and "suddenly" everything else seems to be suffering! These aspects of living which need our attention are: physical, spiritual, relationships, finances, career, recreation and inner life. I will address the first four in this newsletter and the others in the next quarter.

### **PHYSICAL**

If our bodies are unhealthy, it indicates a lack of self-love. Getting regular exercise, even if it is not as intense or as often as you think it should be, is a great way to start healing. I help my clients set very small goals at first in this area and we build on the success. Vitamins and reasonably healthy eating are also vital.

### **SPIRITUAL**

Getting outside of ourselves and connecting with God is a key element of mental health. Research shows a longer life span and increased satisfaction in life for people who seek to practice a faith. In my practice, I see a definite connection between the presence of a personal faith and how quickly a person heals.

### **RELATIONSHIPS**

This is the area where we most often refuse to take responsibility ("if he/she would just change, I'd be a happy person.") Helping a client realize that their happiness is in their **own** hands is one of the most exciting and rewarding parts of my work. When we realize that no one owes us anything, and we take responsibility for making ourselves happy, we find a freedom like no other!

### **FINANCES**

Financial chaos is usually a good indicator of a chaotic, disorganized life in other areas. Knowing where your money is going, having long-term goals as well as enjoying your life today, and not allowing fear to make you obsessive and miserly are all important.

Yours for happier living!  
Debbie Devine, MS, LPC

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