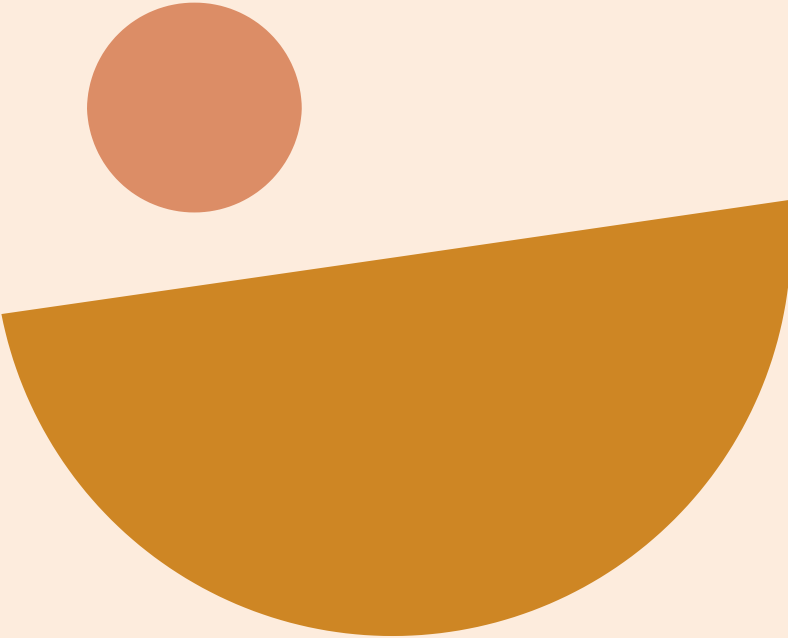


Mental Health Matters Series - Topic Seven



Welcome to our seventh topic of the
Mental Health Matters Series:

Balance

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

Mental Health Matters Series - Topic Seven

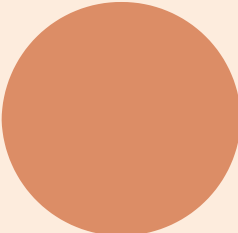
**Interested in diving deeper?
Follow this link for interactive tools
about lifestyle balance**

<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.

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**