

# Maintaining Balance



***When Your Life is Out of Control***

**First, let's get centered.**



*The*  
*Freakin'*  
NEVER ENDING  
TO DO LIST

Week of:

NTWAT

HAPPINESS

**NOW!**

Timeless Wisdom

for Feeling

Good FAST



**Four important realities:**

**You will never get  
it all done.**



**Life will never  
be perfect.**

**You are always in control of  
your character, your  
expectations, and your  
personal rhythm.**

**You are not alone.**

# How to Build Resilience



**Always take excellent  
care of yourself.**

**Learn to say no.**

**Reduce your life  
to what's essential.**

**Practice grounding rituals.**



**Include falling off track  
(and a part)  
in your plans.**

**Recognize that  
emotional distress is  
normal, especially in the  
midst of intense  
hardship.**

**Learn to stop thinking in  
extremes. It's not good or all  
bad, win or lose,  
succeed or fail.**

**It's just life.**

**Read biographies of people  
you respect and adopt their  
coping strategies.**

# How to Find Calm in the Storm



**Get quiet and ask your  
intuition what action  
to take.**

**Look for the big picture,  
wake-up calls and  
lessons.**

**Focus on what's certain.**



**Make your basic needs  
your primary concern.**

**Do only what you have to  
do until you're in the clear.**

**Practice balanced  
escapism.**

**Turn it over to  
Something Greater.**

**Write and say  
affirmation statements.**

**Reach out for support.**

**“We think that the point is to pass the test or to overcome the problem, but the truth is that things don’t really get solved. They come together and they fall apart. Then they come together and they fall apart again. It’s just like that. The healing comes from letting there be room for all this to happen; room for grief, for relief, for misery, for joy.”**

**Pema Chodron, *When Things Fall Apart***

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