

HEALTHY EATING

The Glycemic Load (GL) is the amount of glucose that the body has to deal with in a certain period of time. This is related to the portion size and the rate that glucose is released (glycemic index). It is important to eat controlled portions of carbohydrates (starches). The smaller the portion of carbohydrate containing food, the lower the GL. Ideal GL per meal for those that wants to lose weight is <25.

Jeske Wellmann

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EXERCISE

The 'official' guidelines suggest a workout for 30-60 minutes most days of the week, but you don't have to start at that level. See free to:

- Split your workouts into smaller workouts throughout the day.
- Take a few minutes here and there for some stair-climbing or speed walking.
- Make the time. People who workout don't have more time than people who don't.
- Pay someone (personal trainer) to make you exercise.

By Paige Waehner

MONEY

With a positive mindset use the following 3 steps to reduce your financial stress:

- Find out where you stand. Is it a major problem or a temporary situation?
- Knowledge is the power of money. Educate yourself more about money. Find out how you spend your money by doing your budget.
- Go to an expert to get help. When you are sick you go to a doctor. When you have a debt problem it is good advice to go to an expert to assist you.

Paul Slot

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A BALANCED LIFE : FACT OR FICTION

Written by Jannie P. Rossouw

People who stay in glass houses should not throw stones. I find myself in a glasshouse w.r.t. this topic. It is however necessary to stop from time to time and reflect upon how the people closest to you and me are really doing.

At the beginning of a year we all have grand plans for ourselves and our businesses. Things were more "laidback" then. In the meantime, our work became more and most of us got caught between the priorities and responsibilities of the different roles we fulfill.

The question is, where should we focus and what should we leave behind?

1. What does it mean to live a balanced life?

Let's use an analogy. We all are jugglers. We juggle rubber and glass balls. If a rubber ball (a task for which I am responsible for, is going to miss it's deadline) falls, it can bounce back (I may be able to negotiate a new delivery date). If a glass ball (long hours at the office with a subsequent effect on my marriage) falls, it can break (marital trouble/even divorce) if I let it "fall".

It is therefore and always remains a question of priorities.

***Balance** is found in our ability to determine priorities within each role we fulfill, for example:*

As an **employee** (what do I need to do this week to meet the expectations of my employer?)

As a **spouse** (what do I need to do to be respected by my spouse/life

partner and also that they feel respected?)

As a **parent** (when will my child feel nurtured and safe?)

As a **spiritual being** (what can I do today to grow spiritually?)

2. How do I know if I have a balanced life?

Apply the following self evaluation:

- Write down the roles you fulfill
- Give yourself a score out of 10. (1 = Very Poor and 10 = Excellent)

- Identify the roles which you scored 5 and less.

- Decide what you can do to improve the specific role (s).

- Implement your guidelines.

- Evaluate your progress every month and apply changes where necessary.

The bottom line is that the origin of the imbalance needs to be identified and addressed accordingly.

3. What consequences may arise if the imbalance is not addressed?

- Stress, anxiety and stress related conditions

- Health problems

- Relationship problems

- Poor performance

- Bad decisions

4. How can I restore the imbalance?

The key is to not to judge yourself - we are all fallible human beings. Admit to yourself that you have areas in your life you WANT to improve.

Because it is generally difficult to change habits, it is imperative that you "want" to change. If you approach the journey to self-improvement in a "must" change frame of mind, you will probably attract negative emotions which will make change difficult.

Use your **diary** to plan your daily activities / changes. **Inform someone you respect and trust** that you are going to make certain adjustments in your life to create a more balanced lifestyle. This will teach you to take responsibility for your actions and plans. Sometimes that person will need to support you when you fail. Make a point to celebrate the **successful achievement of each milestone** on your journey to a balanced lifestyle. Sometimes the challenges we face are of such a nature that we should seek **professional help**

(psychologist, marriage counselor, spiritual counselor, personal coach). These people are trained to be of assistance.

5. Finally

A balanced life and lifestyle is a "place" where you are happy with who you are and what you have achieved and own. You enjoy life unconditionally. You are as a figure of speech, "comfortable in your own skin".

May you experience a life of balance and fulfillment.