Sanity Savers ™ for a Balanced Life

dale@drdaleatkins.com

When you have balance in your life and take care of yourself-physically, emotionally, and spiritually, you have support and keep filling your reservoir to keep yourself stimulated, motivated, and interesting. It's important to take moments to savor and be grateful for what you have on a consistent basis. When life "happens", which it has a tendency of doing, you develop resilience to deal with whatever comes your way because you are not functioning close to the edge. If you are functioning close to the edge it is very likely you will fall over the edge. Many of us juggle so many balls. It's important to know which balls to put down when. I believe when you have balance in your life you can deal with anything that comes your way.

DrDaleAtkins © 2001-2006 All Rights Reserved
Sanity Savers is a trademark of Dr. Dale Atkins

www.drdaleatkins.com

10 Elements of Balance

* Love and Friendship - We all need connection with others. Put the effort into making all of your relationships healthy and satisfying.

* Restful and Restorative Sleep - Recharge your batteries by getting sufficient sleep each night. Try to establish good sleeping patterns by going to bed and waking up the same time each day. To relax before bedtime, have soothing herbal tea and take an aromatic bath. Try to avoid watching TV, particularly the news just before dozing off.

* Fulfilling and Meaningful Work - Fulfilling our purpose through our work, whether or not it is your "job", is one of the most important things we can do.

* Play and Laugh - Everyone needs to have some fun!

* A Healthy Diet - Eating well is a lifestyle decision. Make healthy choices daily so you can avoid the dieting yo-yo track and get the full benefit from your food.

* Exercise and Body Awareness - Be active and find enjoyable ways to stay fit.

* Communing with Nature - Get outdoors, breathe fresh air and enjoy the simple pleasures. A day at the beach, gardening, or a walk in the park are easy ways to include nature in your life.

* Intellectual Stimulation - Find people who are interesting to be with, take a class or read about topics that fascinate you.

* A Need for Unity and a Sense of Community - We all are part of a whole. Find ways to contribute toward the greater good. Volunteer for a worthy cause or charity.

* Spirituality/Prayer/Meditation - Find inner quiet and peace through daily reflection. Develop your own spiritual relationship in a manner that is comfortable for you.

REMEMBER to spend time with people who care about you and whom you care about; NOT with those who do not respect your values. DO NOT accept other people's opinions of who you should be.

The Paula Zdovc Salon

Austrian-born Paula Zdovc is one of New York City's most sought-after aestheticians. Her petite, private salon has also been a destination for clients from Florida, Texas, California and Europe.

Unlike larger, fancier, more expensive New York Salons, the Paula Zdovc Salon offers the highest quality services at reasonable prices in a unique atmosphere.

Among the salon's clients are television personalities, high-fashion models, and business executives who are drawn to the time-efficient, high quality, discreet service provided. Busy moms who value the pampering, personal attention they deserve after a day, a week, a month of taking care of others.

Whether you're after the ouchless hair removal with her special "non-wax" formula, precision electrolysis, a deep-cleansing or rejuvenating facial, ultrasound peel, or Reiki hands-on wellness treatment, You're in good hands with Paula Zdovc.

The Paula Zdovc Salon offers several exclusive product lines, including Jurlique Ageless Skin Care, Wilma Schumann Skin Care Products, and Ageless Skin Rejuvenation Oil.

The Paula Zdovc Salon
20 East 68th Street (Between Madison & Fifth Avenue)
New York, NY 10021
Monday - Friday 10:00 AM - 6:00 PM

Services are by appointment only: Please call 212 535 6878
www.paulazdovcsalon.com
We look forward to welcoming you!