

*Living Life to the
Fullest:*

Sanity Savers TM



Dr. Dale V. Atkins

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Fulfillment & Balance

1. **Self:** Maintain a healthy body, mind, & spiritual connection
2. **Support:** Be with people you care about & who care about you
3. **Surroundings:** Connect with nature and create a peaceful place for yourself
4. **Stimulation:** Live a life with purpose, curiosity and passion
5. **Savor:** Take time to “be,” have fun, & appreciate the gifts in your life

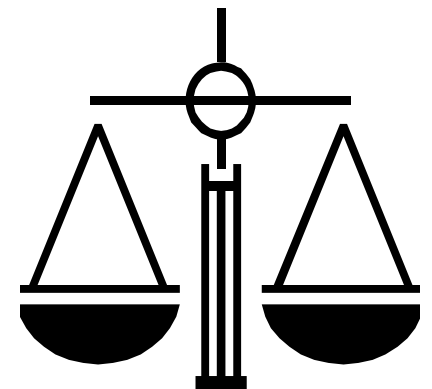
How Many Balls are YOU Juggling?

- *More than you think!*



Elements of Balance

- ❑ Spirituality/prayer/meditation
- ❑ Restful, restorative sleep
- ❑ Love, friendships
- ❑ Fulfilling, meaningful work
- ❑ Play / hobbies
- ❑ A healthy diet
- ❑ Exercise & body awareness
- ❑ Communing with nature
- ❑ Intellectual stimulation
- ❑ A need for unity & a sense of community



Benefits of Being Balanced

- Calmer / Pleasant Demeanor
- Deeper, More Intense Sleep
- Resist Illness
- More Patience
- More Energy
- More Resilience



- Happier Heart
- Less Back Pain
- Improved Outlook
- Better Attitude
- Stronger Relationships
- Fun to be Around

Contributors to Imbalance

- Background / outside factors / previous beliefs
- Negative attitudes & fear
- Power relationships
- Communication breakdowns
- Personal agendas
- Lack of empathy
- Approaches to confrontation
- Ignorance / unfamiliarity / lack of experience





Fulfillment: Navigating Everyday Challenges

- Learn to recognize when you are experiencing imbalance
- Acknowledge and accept it
- Choose or learn to use methods for managing it

Be Conscious and Present



Balance Your Schedule

- Rethink Busy
- Organize and simplify your “to do” list
 - Be conscious of technology & use of it
- Make choices that reflect your priorities
- Try not to value only activities that end in results

Busy DOES NOT equal worthwhile



People who are *fulfilled*

- Focus on experiences that give substantive satisfaction & personal control
- Engage in behavior that enhances their general reserves & maximizes their chosen life courses
- Use their own or outside resources to help them fulfill their objectives
- Understand & adapt to loss
- Deal with adversity effectively

I never feel age...If you have creative work, you don't have age or time.

Louise Nevelson (1900 - 1988). 1980



Those who are *Fulfilled*

- Keep learning, growing, & trying new things
- Focus on the positives
- Adapt & are resilient
- Integrate all of life's experiences
- Have reasonable expectations
- Create loving experiences
- Are grateful and express gratitude
- “Give back” to society
- Are conscious of balance in their lives



Balance Impacts Fulfillment

- fulfilled people tend to have balanced lives
- The time in their lives dedicated to work, play, creativity, & spirituality is sufficient for each
- They make time for reflection & relaxation



Happiness Impacts Fulfillment

- Connect with friends
- Express gratitude
- Be randomly kind
- Give ourselves credit
- Reappraise your life
- Enjoy the simple things
- Develop & engage in a hobby
- Invest in experience



Resilience Impacts Fulfillment

How you feel about yourself and how well you adjust are indicators of stress or change hardiness (resiliency)

Sanity Saving Increases your Resiliency



Challenge

- View change as a stepping stone & not as a stumbling block.
- The Chinese character for crisis has two parts: opportunity & danger.

危机

- Resilient people thrive on change.
- How can you take on challenges healthfully?

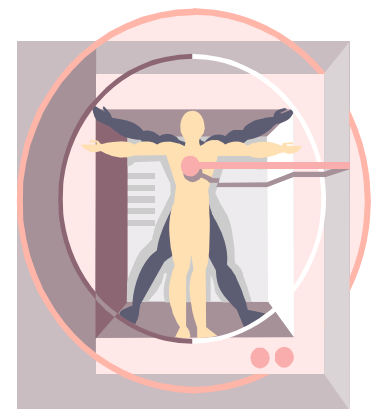


Your Life

- Shape your own environment and adapt to what is necessary.
- Do not believe this “challenge” defines you as a person
- Incorporate all experiences into your larger life experience

Impact of Stress on Balance

- Physical responses
- Emotional fatigue
- Psychological changes
- Mental acuity
- Spiritual connection





Breathe

- **B**reathe & take a few moments every day for you
- **R**elax & let go of worries
- **E**nvision positive thoughts & joyful situations
- **A**llow & accept that which you have no control over
- **T**hank & be grateful for what's truly important
- **S**eal from emotional drainers
- **E**nergize your body, mind, & spirit by focusing on positive goals & aspirations



Your Sanity Saving Approach to Fulfillment

Mind – Learn how to improve your outlook

Body – Make a commitment to take care of you

Soul – Explore ways to feed your unique spirit

Let's explore...



Mind

- Develop an optimistic attitude.
- Begin each day with an attitude of awareness and gratitude.
- Adversity = opportunity for learning and growth
- Prioritize – one thing at a time
- Learn to be satisfied with “less than perfect”
- Shed the “super” image
- Let go of things outside of your control



Body

- Listen to your body
- Exercise regularly
- Eat healthfully & slowly
- Learn & regularly practice relaxation techniques
- Avoid drugs & alcohol as relaxation tools
- Breathe deeply
- Rest & sleep



Soul

- Be with people who are good for you
- Share your feelings with others
- Volunteer for something you believe in
- Create... in art, music, craft, movement
- Build a strong spiritual connection
- Meditate/pray
- Find a calm place in nature & go there regularly



A Balanced, Fulfilled Life





*Do What You Love,
Passionately*


Reach Out to Others

Consistently **REFILL** your personal reservoir so that you can draw on it whenever you need. You cannot go to an empty reservoir to fill a cup...

yours or someone else's.

Laugh and Enjoy

Balance Work with Play



The best and safest thing is to keep a balance in your life, acknowledge the great powers around us and in us. If you can do that, & live that way, you are really a wise man (person).

Euripides (484 BC - 406 BC)



Dale V. Atkins, Ph.D. Psychology, PC

19 East 73rd Street

New York, NY 10021

212 744 5700

203 625 3165

203 829 3253 cell

WEBSITE:

DRDALEATKINS.COM