

Moline Education Association

--- THE CONNECTING LINE ---

IEA-NEA Regions 17-18 Newsletter

NATIONAL AMERICAN INDIAN/ALASKA NATIVE HERITAGE
MONTH

AMERICAN EDUCATION WEEK - NOVEMBER 16-22

Volume 1

November, 2008

Issue 3

USE THE "RIGHT FORMULA FOR BALANCE"

"It's another rotten day – stuff keeps building up. Some medical issues have flared up, there's lots of stress related to my current clients, and I'm not sleeping well. I'm trying to work through it."

If this sounds like you, recognize that you can do something about it. The Feng Shui philosophy is designed to create balance in your life ... by focusing on areas that need improvement. Use the "RIGHT" formula to discover what's going on behind the scenes. Use the "RIGHT" formula to determine what in your life needs re-energizing or restoring:

- **R** – Review your physical health regularly. Is your body trying to work on a half empty energy tank? Do you eat too much junk food? Do you exercise regularly? Whatever it is, take steps to correct it.
- **I** – Inventory your mental activities. Are you stuck in the right or left hand side of your brain? Do something on the right side, like creative writing, painting, sculpting, etc. If your work primarily uses the creative right side, balance it with left brain activities like Sudoku, crosswords, etc., and physical activities.
- **G** – Get a life! Social activities cannot be overlooked. Regardless of how much or little you socialize, interact with positive, uplifting people.
- **H** – Hanging onto negative thoughts from the past drains emotions and leads to discouragement, distraction and pessimism. Take one hour a day to read something inspirational or motivational. Consider *Your Best Life Now*, the Bible, or a book on uplifting quotes.
- **T** – Teach your mind that your heart and soul need nurturing and nourishing. Spend 15 minutes every night reflecting on an inspirational or motivational message. This will re-energize your spiritual side. Remember, treat yourself as you are, and you'll stay there. Treat yourself as you want to be, and you will become what you want to be!

**from *Lifestyle Tips*, November 2008