



## Avoiding burnout **at all costs** takes work!

Achieving a well-balanced life comes down to paying attention and nurturing the four key areas of your being: **physical, mental, social and spiritual.**

by Mark Sincevich

Last night I turned to the community forum section of my local newspaper, and there was an article about a former executive who admitted that he had hated the last eight years of his job. However, in his mid-50's he was able to take early retirement and volunteer for service, first in an African country, and then later in Central America. He said some of the friends he made were the most rewarding in his entire life.

I wondered if he was part of our popular culture that works too hard and plays even harder. Perhaps he wanted to seek a deeper meaning in his life. Many people who work very hard to advance in their careers and strive only to accumulate an income find that they have led a life that just isn't balanced. I believe that an imbalanced life is also a life that lacks a deep meaning. It isn't any wonder that many heart attack victims are recently-retired men who don't know what to do with



the rest of their lives.

How can we become successful in our careers while at the same time becoming balanced in our lives? First let me say that "achieving balance" is definitely not a destination; rather, it is a slowly evolving process. Being balanced means being more aware of the different aspects of life and more aware of who you

are. This allows us to be more holistic or more of a "whole individual." A characteristic of a holistic life is living "the good life." The Italian name for this concept is *la dolce vida*.

If balance is a journey and not a destination, then how do you begin?

I believe that in order to start, you need to think about how to be more balanced every day, not at some point in the future. If you want to eat healthier, you wouldn't start in six months, you would hopefully start slowly making changes now! Balance is a process of gradual change, not something that is drastic. I feel that one of the best analogies to illustrate this point is

