



Balance

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In order to be our most effective selves I believe that it is necessary to be healthy in mind, body and soul. Think of these three elements as legs on a stool. If one leg collapses, the stool collapses and so do we.

Typically, we focus most of our attention on our mental development because ordinarily we get paid to think. But our bodies and our souls are just as important to success and happiness. Take physical fitness. Many of us do not do much exercise, believing we just don't have the time to do so. And we often eat things that are not good for us. The resulting lack of fitness saps our mental energy and decreases our self-esteem. After all, it's tough to feel good about ourselves if we don't like the person we see in the mirror.

Next, consider spiritual health. Unless we take time out for prayer, quiet time or meditation our souls tend to become stale. I believe that the wisdom inherent in our souls can only be accessed when we take time to listen. That spiritual voice inside of us that instructs us on what is best for us is a very quiet, yet insistent voice. But we can only hear it when we are quiet. Also, both meditation and exercise have been shown to be directly related to better heart health and a long life.

So, if you have let one or more of the legs of your stool become fragile; you may want to make a commitment to exercising your mind, body and soul daily. I think you will find that the results will be well worth the effort!