



LIFE
ACTIVATED

A Foundation for Wellness



GRAYSON
COLLEGE

October 17

Seeking a Life of Balance

In a time when we are connected to the world nearly all of the time, living a balanced life can be challenging. The Viking Value of Balance includes more than having work-life balance, as we must also be mindful of the balance of work among teams and individuals. An online article by speaker and author Jim Schleckser of Inc. CEO Project provides seven secrets to living a balanced life, and while none of his secrets are novel, they do provide a reminder as we focus on Balance during the month October (and throughout the year).

- ❖ **Physical Health-** Be fit enough that you don't have to say "no" to anything you want to do.
- ❖ **Family-** It's worth hitting the pause button to make the investment in nourishing these relationships.
- ❖ **Social-** Having people around you that you like and trust is one of the best indicators of living a long life.
- ❖ **Financial-** The key to personal financial health is to feel in control and know that you have enough money to have options.
- ❖ **Business-** Ask yourself how energized you are to go into work every day. Are you excited to be making a difference and making progress?
- ❖ **Civic-** Think of this as your attitude of gratitude. If you've not made enough time to give back, you're missing out on a real emotional payback.
- ❖ **Spiritual-** Make the time to fuel your soul through reading, exercise, God, nature or whatever fills up your spiritual cup.

Books to Consider



5 Gears: How to be Present and Productive when there is Never Enough Time,
Jeremie Kubicek and Steve Cockram

Leave YOUR Legacy: The Power to Unleash your Greatness, Ben Newman

Zen and the Art of Motorcycle Maintenance, Robert M. Pirsig

Off Balance, Matthew Kelly

Upcoming Events

October 17- Mindfulness and Stress Release Seminar, Band Hall 4:30-5:30pm

October 19- Just Doo It & Mammography Event, Life Center 11am-1pm

Fitness Center Open House, Gym 11am-1pm

October 20- Faculty Learning Day, CWL Auditorium 8:45am-4pm

CANstruction Registration Deadline, See Mary Linder

Mindfulness & Stress Seminar

Learn how to stay at ease with a clear mind, achieve concentration and improve performance.

Maria Silen is offering workshops that will present tools, techniques and evidence-based methods designed specifically to help you self-regulate and manage the effects of stress, improve concentration and learning.



Topics include:

1. Posture and alignment of the body for proper flow in body
2. Unify alignment of body, mind and breathe into balance, stability, harmony and joy
3. Calm and clear the mind with diverse methods such as:
 - a. Breathing techniques
 - b. Intention
 - c. Visualization
 - d. Attention
 - e. Release tension mentally and physically with gentle movements synchronized with the breath.
 - f. Still the emotions with a harmonized breath
4. How posture and breathing can influence our self-awareness and emotions dissolving stress and anxiety
5. The importance of rest - exercise, safety, nutrition and healthy relationships
6. How to stay neutral in stressful situations
7. Find peace that is our natural state of mind

Tuesday, October 17 and Thursday, October 26
4:30-5:30pm in the Band Hall



Just Doo It Event

October 19
11am-1pm

Wear pink to support breast cancer warriors, conquerors and to honor those who fought valiantly.

Participate through Dunk the Instructor or Pie Chunkin'.

Visit the mobile mammography bus to get your exam. Schedule an appointment by calling 903-408-5010.

Riddle Me This

A window cleaner is cleaning the windows on the 25th floor of a skyscraper. He slips and falls. He is not wearing a safety harness and nothing slows his fall, yet he suffers no injuries. Explain.

Answer: He's cleaning the inside windows.