

# See Saw



- Do you remember how frustrating see-saws can be? Unless both sides are equally balanced, it can be really hard to make them work!
- How is your work-life balance after a term back at work? How well are you managing to prioritise those things that bring you joy and fulfillment in life?
- Life is full of choices: Purpose vs fun; Friends vs family; Time alone vs time with others....Nobody gets this completely right - it's just about trying to find the balance that works best for you!
- What does a balanced life look like for you? What simple changes would help to tip the seesaw back in your favour? Do you need to say No more often? Invest more in your relationships? Practise self-care?

**“Happiness is not a matter of intensity, but of balance, order, rhythm and harmony.”**

Thomas Merton

**“Step with care and great tact, and remember that life’s a Great Balancing Act.”**

Dr Seuss



