

- Health self-care

Taking steps toward a more balanced, happier life

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LOOKING after yourself is one of the toughest jobs we can take on in this life.



Finding a healthy level of contentment is an endless pursuit.

In this article I'll give you great tips to live a more balanced, happier life.

Circuit breaker

When we consistently feel like our backs are up against the wall, that nothing is going right and life is against us, we need to reset our intentions.

A circuit breaker will be the only thing that will change the trajectory of your life.

Reaching out to someone or making an appointment to talk about your feelings is a great starting point.

Getting things off your mind is a way to break up your thoughts and start the road to recovery.

Join up

Being a part of something that is bigger than you and me can help build up confidence and self-esteem.

Loneliness and having no one to talk through problems can lead to feeling down, multiplying negative thoughts in your head and leading down an unhappy path.

Join up to an organisation that has like-minded people who can support you through what you are going through.

No excuses

The biggest thing holding you back is you.

Success isn't luck and

happiness is an endless pursuit.

Being consistent and maintaining healthy daily habits is the best way to live a happy life.

This might include drinking enough water or taking multivitamins, going to the gym every second day or hanging out at the men's shed.

Living a life of no regrets and excuses lets people experience how great you really are.