

The Little Things I Do To Maintain My Balance in a Sometimes Very Unbalanced World

Who and I?

My names is Shelley. I am a mother, wife, daughter, sister, aunt, niece, friend, teacher, mentor, writer, reader, dentist extraordinaire, explorer, skier, knitter, lover of all creatures great and small, and Catholic

Body Realm – I love the feeling when...

- I awaken early and start the day with a brisk walk.
- I complete a great run and maintain my position as the eldest member of the Bone Lake Ski Club.
- At the end of a long day with patients, I have maintained a healthy posture and feel discomfort nowhere.
- I take breaks to stretch during a day at the computer.

Lifestyle Realm –I love the feeling when...

- I don't over-schedule my time (I'm really working on this one!).
- I awaken having slept through the night without being awakened by my CGM warning me of hypoglycemia.
- Being Type One Diabetic, I avoid snacking after 7PM which helps maintain steady overnight blood glucose.
- When I obey my belief that, "Nothing tastes good enough to be worth the feeling of hyperglycemia".
- My young riders buckle up before I start the car as they know the "Rules of Shelley's car".

Emotional Realm- I love the feeling when...

- My daughters come home from college for breaks, and are more delightful and independent each visit.
- I see the smirks on their faces, but the adoration in my daughters' eyes, as I tell them of my mundane life.
- At the office, we start our morning huddle with an inspirational reading, especially if it makes us chuckle.
- A patient hugs me and cries with joy when she sees her beautifully transformed smile for the first time.
- The time I allow myself each day to sit with our dear cat and scratch his ears; he repays me with much love.

Social and Relationship Realm – I love the feeling when...

- My aunt's blind eyes sparkle when I come to visit her and help with her shopping.
- My friend's blind eyes tear up when I leave after reading to her. We made it through *Gone With The Wind* this year. But she knows I'll be back next week.
- My staff tell me they know I respect them and that they appreciate that I tell each of them, "Thank you" each day.
- No matter how old I become, my mother still calls me "Honey Girl".

Spiritual Realm - I love the feeling when...

- I receive Holy Communion.
- Talking to God helps me to be other-centered, and reminds me to be so grateful for all my blessings.
- I imagine what my life will look like after retirement. I hope to do great things for ordinary people.
- After my walk, as my mind is peaceful; I have planned the day and have decided how to approach difficulties.

Mind Realm- I love the feeling when...

- I use positive self-talk.
- I am successful in reacting to unexpected problems with laughter instead of annoyance.

- I look back and realize how much healthier I am now, in body, mind and spirit, than when I was 30 years old.
- I give my brain a workout by frequently doing crossword puzzles, word and math games.
- I learn a new skill, especially at work, or on my iPad.

Environmental and Safety Realm...

- I am a careful driver, who obeys the laws and doesn't get impatient. The destination is never as important as the journey.
- I retired from helicopter skiing in the bowls of the Rockies when I realized how much my family needed me to stay in one piece.
- I am a neat freak at home, and at the office; I experience mental freedom when there is no physical clutter.
- As my night vision fades with age, I always use lights in stairways.