Hai Xu

ENGL 093

Paper #2

Balance your life

You may have heard the news that someone suicides because of pressure from study or work. There is a saying goes that health is the number one while wealth, honor, cause and even families are zeros that follow after that one. Without the one, none of the zeros makes any sense. A balanced and healthy life is so important, but how to achieve the balance in life is not an easy question to answer.

To me, the answer starts with better time management. Most of the time, the stress comes from the reality that either we don’t have enough personal time to relax if we choose to finish the study, or we can’t get a satisfying grade if we fulfill our desire to rest and have fun. I ever spent an hour to analyze how I spent my time and divided them into three categories: committed time, rest time and personal time. I gave each of them a general time frame and stick to the plan. All the things in life and study would fall into the three categories. But I still need to deal with the conflicts of different affairs during the committed time. To make the most of my committed time, I usually give each task a priority and rank them accordingly. Then I always start with the most important or urgent tasks. Sometimes, time is just limited so I have to give up on something. But at least I can make sure that I’ve finished the things that matter the most.

Time management has helped me a lot but it’s not the silver bullet to this question. Without enough engagement, the plan itself doesn’t make any sense. That means, within each time frame, I’ll only focus on the things in hand and won’t think about anything else that will distract me. For example, when I’m doing my homework during the committed time, I won’t give a thought to the party ahead or worry about a bill to pay before the weekend. On the other hand, when I spend my personal time watching a movie, I don’t want to still think about how to solve a math problem I can’t figure out in class. Only with full engagement, can I study most efficiently and enjoy every moment in my personal time.

With the above strategies, I can manage my time efficiently. But that still doesn’t necessarily lead to a healthy life. To me, the last piece of the puzzle is to maintain a positive attitude. As an ordinary person, I can often run into things that’re out of my control. I’m not always capable of solving problems in life or study. Sometimes, the negative feelings from a failure in the study can ruin my personal time because I just can’t get out of the bad mood. That bad mood can even put stress on people around me, and, eventually, damage my relationships with others. To avoid that, I have to control my feelings and don’t let the negative parts expand. I keep telling myself that not everything can have a perfect solution as I expect. When such things come, all I need to do is to try my best and accept the result no matter good or bad. As long as I’ve done my part to the best I can, there is no need to regret or feel sad. But I can still learn from the obstacle and gain some experience each time. See? If focusing on the positive aspect, I’m always making progress no matter success or failure so there’s nothing to feel stressed.

In conclusion, time management, full engagement, and positive attitude are the three aspects that I think can constitute a balanced and healthy life.