



Mental Health Matters with Amy Deacon

The art of balancing work, life and YOU

We need to recognize that life is always going to be busy and it's an ongoing balancing act to achieve our own version of optimal wellness. That's why it's so important to be aware of what fuels us and what doesn't. Remember that we can't be everything to everyone and it's important that we make time for ourselves. A stronger and more resilient you, means that you're better able to balance your life priorities. Here are 3 key takeaways from our session:

1. We are constantly being pulled in so many directions, whether it's work, family or social demands. Be sure to pause every once in a while, to ensure that our energy is going towards things that are truly of value to us. We need to give ourselves permission to disconnect.
2. We need to remember that we are not built to be machines that are constantly on the go and constantly accessible. We are human beings and we need to treat ourselves as such. Take an honest look at your calendar, demands and schedule. Is the majority of your time spent completing activities that drain you or fuel you? Awareness is the first step to any type of meaningful change.
3. In today's world, our worth can often be associated with what we have produced or achieved. We need to be very careful with this relationship. The truth is that we can have goals that are outside of ourselves, such as growing our careers, purchasing a home or creating a family. However, we need to remember that those are external goals. Our inherent worth – it has always been within us and has never left.

Ask yourself:

1. Do you give yourself permission to disconnect?
2. Take a look at your calendar and make note of the things that drain you and what fuels you.

Amy Deacon, MSW, RSW is the Founder and CEO of Toronto Wellness Counselling. Beyond running this inclusive and full-service therapy clinic, Amy is also a Registered Social Worker and Clinical Traumatologist.



Insurance

Disclaimer: The content is not intended to be a substitute for professional advice, diagnosis, or treatment. If you have mental health related questions, experience symptoms or in need of assistance, always seek the advice of your general physician, health care or mental health provider regarding your condition.

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