

Achieving & Maintaining Balance in Your Life

PHYSICAL	EMOTIONAL	SOCIAL
Balance Falling/Fear of Falling Weakness Fatigue Mobility Options Environmental Limitations	Healthy Grieving Depression Anxiety Anger Guilt	Relationships Isolation Communication Partnership Give & Take Community Engagement
<i>What contributes to your sense of balance in each of these areas?</i>		
<i>What causes you to feel out-of-balance in each of these areas?</i>		