

# Reach for Balance

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Maybe you're in the midst of the holiday rush or falling through the post-holiday let-down, grinding through day-to-day chores or dealing with the latest crisis. Often we feel we have to do it all, and do it alone. It's hard to find time to care for yourself, physically or emotionally. However, research and experience have shown that if you do not find the time, life and its responsibilities can knock you off balance. We at the Pfeiffer Institute *Reach* want to share some information and suggestions for keeping yourself balanced by caring for your emotional health.

Emotional health is the ability to manage everyday issues like stress and decisions as well as develop and maintain healthy relationships. Emotional health is related to physical health. For example, stress exacerbates physical ailments such as digestive disorders, lack of energy, headaches, interrupted sleep, and sexual functioning.

Emotional health also affects relationships. Emotionally healthy people are able to identify and manage difficult emotions in a constructive manner, resulting in more honest and positive relationships. This is not to say that emotionally healthy people never argue with their significant others or lose patience with their children. Yet, they are more likely to be able to recover from those emotions in a way that does not sacrifice their self-esteem or their relationship. People who do not care for their emotional health are likely to bring problems from the past to their current relationships or take out current issues in one relationship on another.

Finally, emotional health promotes resilience. Resilience is defined as the ability to get back up when you fall down. In other words, being emotionally healthy will not keep bad things from happening to you or save you from being sad or uncomfortable but it will help you better manage inevitable difficulties.

## REACHING FOR EMOTIONAL HEALTH

Now that you've learned all the useful benefits of being emotionally healthy, do you wonder how you could develop your own emotional



**Reach Clinic Director Dr. Laura Bryan (seated), with Katharine Sileo, left, and Leah Leynor.**

health? This is not something you accomplish and then stop—it's something you always have to pay attention to. The key is balance: time alone and time with others; time at work and time at play. This balance will look different for different people—some people crave time with others and some people need their “alone time.”

You do not have to develop emotional health on your own. If you find yourself struggling with finding balance or coping with emotions and relationships, you can reach for help. At Pfeiffer Institute *Reach*, you can confidentially talk to someone to get perspective and support to develop resilience and make the decision to change.

If getting help can be the key to developing emotional health, why doesn't everyone do it? The issues that stand in the way of emotional health are often difficult to identify. Maybe you've never talked about it out loud before, or maybe you tried changing and it didn't work. It takes strength of mind and courage of will to

explore this difficult terrain. *Reach* is there when you decide to take that step.

Another reason you might hesitate to ask for help is the stigma of appearing “weak” or “crazy.” From this article you have seen that desiring emotional health—stronger self-esteem and self-control, positive and healthy relationships—is a normal and healthy need.

You might worry that a stranger would not be able to understand you. It's true that no one else can know exactly how you feel but sometimes it is useful to have the perspective of someone not directly involved.

Often, people believe that help is unaffordable or time-consuming. *Reach* sessions cost \$30 each. To celebrate our grand opening, all initial appointments in January 2013 are free. In addition, *Reach* is accessible, located conveniently between Raleigh and Durham in Morrisville.

Finally, you might try to convince yourself that your problems aren't important; others might have troubles much worse than yours; or you should be able to manage your problems on your own. For managing life's unexpected curve balls, you don't have to compete for objective assistance. *Reach* is available to help you manage your emotional health.

*Reach* for balance in your life and relationships. *Reach* for help. Pfeiffer Institute *Reach*. [hkh](http://hkh)  
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*Pfeiffer University is a private liberal arts university founded in 1885, with locations in Misenheimer, Charlotte, and Morrisville (RTP), NC. Pfeiffer Institute Reach serves as the primary clinical training facility for the MFT Graduate Program at Pfeiffer University, RTP. Reach student therapists provide low-cost counseling services for individuals, couples, families, or groups, and serve as servant leaders and community resources for other agencies in the Raleigh/Durham area.*

*For information about Pfeiffer Institute Reach: [www.pfeifferreach.org](http://www.pfeifferreach.org). Reach is located at 600 Airport Boulevard, Suite 600, Morrisville. To schedule an appointment or for information, call (919) 941-2900 or email [contact@pfeifferreach.org](mailto:contact@pfeifferreach.org)*