



The other form of Work-life balance

The path to inner balance

With Tobias Blaser

CR by Tobias Blaser



Introduction

- In this short time, I would like to show you ways in which you can achieve more inner balance.



Overview

1. Self-presentation
2. What brings us out of balance
3. What can I achieve with inner balance
4. The path to inner balance. How does it work
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1. Self-presentation

My name is Tobias Blaser

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In my leisure time, I enjoy being outdoors and spending time in our garden.

My family is very important to me.

I'm also interested in technology and use it wherever it helps me in life.





What brings us out of balance

- Stress from work or at home can throw us off balance and make us sick.
- Other events such as misfortune, job loss, economic instability, and a change of boss can also have a negative impact.

What can I achieve with inner balance

- Better health
- Greater balance less sensitivity to stress
- A positive perspective on stressful issues
- Often also solutions to issues that have come to a standstill



The path to inner balance. How does it work?

There are many ways that can help. I'd like to focus on two essential and simple ways here.

At least once a day, find a time slot of about 15 minutes where you are completely undisturbed and comfortable. Remember to put your cell phone away so it won't disturb you.

Let's start with method 1 of 2

- Make yourself comfortable, preferably sitting down. Stretch yourself, and imagine yourself as if you were pointing the tip of your head toward the sky.
- Begin breathing. Take three deep breaths, or more if needed, and exhale through your mouth, calmly and serenely. Begin to feel in your body how you are connecting with the earth. As you exhale, feel the used or bad energy within you flowing through your feet to the earth.
- Begin to imagine yourself being cleansed by white light as it flows over you and surrounds you.
- Let it flow over you; feel well protected and cared for. Allow it to happen; if you receive different images, which is quite possible, take them with you. Return and allow yourself to be showered or misted with various colored light. The different colors often have a meaning; for example, if it is reddish, it may mean that your root chakra is being strengthened, or green, it may strengthen your heart chakra.
- This light will strengthen you and bring balance to any disharmonies. Enjoy the moment in peace; everything is fine, even if you don't see anything. It won't be like this the first time; it may be like this sometimes and sometimes not. It's a free journey.
- Come back slowly and open your eyes, take in your surroundings. Revitalize yourself.

Continue with method 2 of 2

- Find a forest where you like and feel comfortable. Go for a 30-minute walk in the forest at least once a week. It's been proven that forests have a positive effect on our psyche and can help with mild depression. The forest gives us strength, peace, and distance from our daily problems, thus contributing to a better work-life balance. Of course, you can combine the first method with other methods to achieve even more.



Final word

- I'd be happy to answer any questions you may have here.
 - Of course, you can also contact me later with questions and suggestions.
 - Thank you for your participation and attention.
 - Have a nice and balanced day everyone.
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