



THE BALANCE PROGRAM

The research is unequivocal, it's not the stress that wears you out, it's lack of recovery. Learning "going into depot" is the key to being able to handle a busy everyday life without it happening at the expense of health, productivity or quality of life. The balance program is a simple training program that aims to integrate recovery into everyday life, regardless of life situation. You get simple, effective tools, tested in both Swedish and international research with effect on sleep, focus and quality of life. With the support of Sara Emilonie, your performance coach, you get weekly coaching in the program and the opportunity to make an individual action plan where your personal goals are included.

From the training:

- Why is it so important to break a stress reaction within 90 seconds and how do you do it?
- The plasticity of the brain and how you can influence memory, learning and focus
- Self-test – do you take care of your most basic needs?
- Multitasking- what does the research say and why should you stop doing it today?
- Medical Yoga for the back, neck and jaws with documented effect.
- Breathing exercises with effect on worry, anxiety, stress, blood pressure, sleep and more.
- Meditations that promote cognitive ability, focus, emotion regulation. Online training between each meeting: Between each in-person meeting, practise on your own with the online tools provided.



How well do these sentences apply to you in the last 30 days?

	I agree				I don't agree at all
I rarely experience stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rarely judge myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
It's easy for me to stay focused	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am well aware of what I feel good about	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience meaning in my life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I can set limits when needed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I listen to my body signals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I experience good quality of life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I take care of my needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I express my needs	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I exercise regularly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I rest when I need to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat good food at regular times	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I meet my need for recovery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I sleep well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have a social life	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel joy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Answer these questions and send to sara@balansinstitutet.se before the first session.

1. Do you have any physiological problems, such as back pain, digestion, high blood pressure, migraines, skin problems?

2. In case of stress – which symptoms are most common, e.g. a brain in high gear, sleeping difficulties, depression, uneasiness, tense neck, headaches or other pains, etc.

3. How would you rate quality of life between 1 (low) and 10 (high)? _____

4. What factors could increase the above figures? Give examples.

5. Which focus area do you want to prioritize? Mark your answer.

- Focus, concentration
- Energy
- Sleep, deep relaxation
- Other: _____

5. Pinpoint what is a reasonable time investment for your daily practice:

5–10 min

15–25 min

30 min

7. Your intention with the training:
