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moment.

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Life sometimes can seem off kilter as responsibilities mount and people plow all their physical and mental resources into what seems to be the most pressing crisis of the moment.

But Lumbie Mlambo says that's a good time to take a step back. Everyone has the potential to shine in life's darkest moments, but the key to achieving goals and an overall better existence is to maintain a balance so that one aspect of your life isn't consumed by another.

While some people might say balance in life is an impossible goal, she disagrees and says when each of us find our equilibrium, we become more productive and a greater asset to our communities.

"There's balance in everything we do, be it walking, talking, eating, sleeping, working or spending time with family," says Mlambo, editor of Equanimity Magazine ([www.equanimitymag.com](http://www.equanimitymag.com)), an online publication that features inspiring stories of life and success.

"For example, look at how we try to deal with our work-life situation. We balance our workload so that we can still make room for other activities, to spend more time with our spouses or our children. We do that because we understand how important it is."

She offers these reasons for why living a balanced life is essential.

- **The health factor.** Staying balanced is a key to a healthier and successful life. Both mental health and physical health benefit, and as a result, so do our overall lives.

“When we’re healthy, we’re able to care for ourselves and others in our community,”

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tale of failure – is important because others can learn from us or be inspired by us as they too strive for a balanced life. “When you tell your story, it empowers, motivates and encourages people to not give up on their dreams and goals,” Mlambo says. “Maybe you think your story is just not that interesting or important. But for someone out there, it may be the spark that ignites them to great things.”

Mlambo always strove to find balance in her life. But she became even more passionate about it after she suffered a stroke in 2001 that left her partially paralyzed. She since has recovered, but says the event had a profound impact on her and she will always consider herself a stroke patient.

“Before the stroke, I thought my life was balanced in a way,” she says. “I mean, I ate healthy foods. I exercised seven days a week. But it was not balanced in the way I wanted. I had been too focused on myself. I realized that life was not just about me, but about others.”

Finding balance in life isn’t just a feel-good concept, Mlambo says. As people achieve balance, they realize they have the potential to rise above their circumstances. They can become more productive in their communities and that is good for everyone.

“Staying proactive and shifting the way we think can even help the economy to grow and can help create more jobs,” she says.

Certainly, maintaining a balanced life may be tougher than ever because technology allows work – emails, text messages, telephone calls – to intrude on people’s “off” hours. But that’s just all the more reason to make a concerted effort to strive for balance, Mlambo says.

She says it’s become popular in some circles to argue that a balanced life is a myth and can’t be achieved. But regardless of their views, she says, most people seem to be trying to bring balance to their lives, even if they don’t think of it that way.

“We eat healthy to stay balanced, we get enough sleep or rest to avoid stress, we

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