



## 6 Steps for Keeping Balanced While Helping Others



When you're helping someone else - friend, child, family member, care partner, whomever, it's easy to get wrapped up in the tasks you and they have agreed upon. Helping others often necessitates paperwork, follow-up and follow-through - work that puts your own needs on the back burner. So we're here to remind you of 6 important and easy steps that will keep your own life balanced and healthy.

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