



***Golden Pillars of Managing
Work life Balance***

6 Pillars of Healthy Lifestyle

We all have started our journey by learning **3 Golden Rules of Accounting** but somewhere in our busy schedule we have just forgotten about our important **6 Pillars of Living Life**. So, let's start with knowing each pillar by learning how we can dignify it and become master of balancing health gracefully by managing others wealth adroitly.

What are 6 Pillars of Healthy Lifestyle ?

1. Sleeping Pattern
2. Hydrotherapy
3. Workout
4. Food Management
5. Stress Management
6. Community Club Confidence

Why we need to work on 6 Pillars ?

Due Dates : We always take care of due date of filings

Renewal : Before expiring any license or DSC we renew it

Refilling : We always refill our brain with the new updates and amendments and even cartridge of printer also on timely

Management : Office Infra and staff, network building, compliance and all

But when it comes to our body where we actually live, we forget to take rest on **due time**, miss to **renew** our energy by being physically active and don't care to **refill** the body with proper nutritional values. With the all meetings we miss to **manage** brain's stress detoxification and mindful eating.

So, Lets Discuss....

1. Sleeping Pattern

1. We should practice a good and healthy sleeping pattern which involves consistent, Sleep-wake time, feeling refresh after sleep, maintaining good sleeping hygiene and creating a good sleeping environment by keeping room light dark, cool and quiet.

2. Consequences of Bad Sleeping Pattern –

- Fatigue
- Weight Gain
- Low Energy
- Irritation
- Weak metabolism
- Migraine and other lifestyle disorders

3. **Suggestion** : Develop a habit of reading your favourite book or listen melodies for sound sleep.

2. Hydrotherapy

1. The recommendation of 1 liter of water for every 20 kg of body weight is a general guideline for daily fluid intake, but it's not a precise rule for everyone. It's more of a simple formula that suggests a starting point for calculating water needs. Factors like age, gender, activity level, climate, and overall health can influence individual water requirements.

2. Benefits of Drinking water

- carrying nutrients and oxygen to your cells.
- flushing bacteria from your bladder.
- aiding digestion.
- preventing constipation.
- normalizing blood pressure.
- cushioning joints.
- protecting organs and tissues.
- regulating body temperature

3. **Suggestions** : Use mobile alarm or water intake apps or you can use multi color bottles with reminders to stick to your water intake need and time

3. Workout

1. The role of Workout is just a 20% but still plays a vital role in our healthy lifestyle. As per **California University and WHO** 40-45 minutes of daily workout is basic need of Human Body. As it says “ **Sweat pain is Sweet Pain**”

2. Benefit of Exercise

- Controls weight
- Exercise combats health conditions and diseases
- Improves Mood, Actually workout is a **DOSE** not a medicine it helps to releases D-**Dopamine**, O-**Oxytocin**, S-**Serotonin** and E-**Endorphin**.
- Boosts Energy
- Enhance Better Sleep
- It can be fun on Social Media
- Improves Mental Health

4. Food Management

1. Food is not a problem, less nutritional value in food is a problem. Dieting is not required but a balanced diet and mindful eating habit should be inculcated.
2. Avoid : Junk Foods, High Calory food, don't have force eating, intake complex carbs, avoid **BBB** means Biryani, Bear, Belly full.
3. Follow a Mantra : **“My Stomach is not a Dustbin it's a temple and I must worship it”** so avoid to put any junk [in hindi Junk means Kachra] in your stomach unwantedly
4. As per your body requirements you should add proper nutrition's to your plate like as per weight intake protein, daily 35mg of Fiber and so on.

5. Stress Management

1. We all live our life with the quote : **“Kabhi Kushi Kabhi Gam”** and that’s truth. You cannot taste happiness if you have never tasted sorrow. But above all management of stress is very essential factor. If you work on above 4 pillar you will be able to cope up very easily.
2. Understand your stress, recognize trigger point, acknowledge it and then find out the best suitable mechanism to relieve it.
3. There are few techniques to manage it :
 - Be active and eat healthy diet
 - Meditate
 - Try Yoga
 - Avoid unhealthy lifestyle
 - Connect with others
 - Assert Yourself : Remember, you're a priority.

5. Community, Club and Confidence

1. The statement "**you are the average of the five people you spend the most time with**" suggests that your thoughts, behaviors, and outlook on life are significantly influenced by the individuals you interact with most regularly. This idea, often attributed to Jim Rohn, highlights the impact of your social circle on your personal and professional development.
2. So, join such community or club where you get motivation, get influence to shape your habits, attitude, and overall success.
3. The environment you create for yourself through your relationships can significantly impact your overall success and happiness.
4. Lastly, if there is a problem then there is always a solution and if there is no solution then what's the sense of taking stress just enjoy with your circle.

Proposal

So, my small and humble proposal to fraternity members, my seniors :

- “We are partners in Nation Building, let’s become partner in mission *Fit India and Hit India*, also... 🦵”

- The word **Chartered Accountants** has 20 letters lets follow **20-20** rule :
 - ❖ 20 Minutes of Daily Workout and walk
 - ❖ 20 minutes of Meditation
 - ❖ Take a small break from work after every 20 minutes for 20 seconds to relax eyes and brain
 - ❖ Give 20 days of challenge to add daily new good one habit in yourself
 - ❖ Daily spend 20 minutes of ME time with yourself and love yourself.
 - ❖ Daily read 20 pages before going to bed
 - ❖ Spent 20 minutes of your day with your loved one, kids, parents, etc.



THANK YOU!

- By CA Namita Sharma