



Wherever you look in life you see things that have a certain symmetry to them. Among living things, we can look at flowers, trees and even faces and see that balance.

We speak about the balance of nature, referring to the fact that too much or too little of something throws everything off. Too much rain means floods, soil erosion and plants that decay from all the moisture. Too little rain results in droughts and plants that wither and die. Fortunately, nature is forgiving and allows a little bit of leeway.

Our lives are about balance, too. Any one thing can throw our lives out of kilter. Working long hours without a break such as a vacation or even an hour off is not healthy physically, mentally or emotionally. As in nature, it can throw off that delicate ecosystem known as our bodies.

Keeping things in balance isn't just about work. We can overdo every aspect of our existence. Having fun, eating, sleeping, watching TV, exercising, spending money and maintaining relationships are all things we can have too much or too little of.

Our bodies cannot operate on continuous overload. We cannot drive a car 100 miles an hour day in and day out without necessary maintenance and expect it to last any length of time. We cannot drive ourselves and expect to be functioning at 40 the way we did at 20.

Pace yourself and be attuned to those warning signs that signal it's time for a break—time for maintenance—time to put balance back into your life.

You and your family do not have to struggle alone. LCFS counselors help families generate hope and cope with life's challenges. Most insurance plans accepted; sliding-scale fees are available on a case-by-case basis. For more information or to schedule an appointment, contact us at lcfs_info@lcfs.org or 800-363-LCFS (5237).

Discover LCFS and the services we offer at www.lcfs.org and www.facebook.com/LCFSIL.

LCFS offers counseling at the following locations:

Northern Illinois

Grace Lutheran School, River Forest

Central Illinois

Trinity Lutheran School, Bloomington

LCFS office, Decatur

LCFS office, Springfield

Southern Illinois

LCFS office, Belleville

LCFS office, Mt. Vernon

To schedule a first-time appointment, call 800-363-LCFS (5237) or visit www.lcfs.org for additional information.

