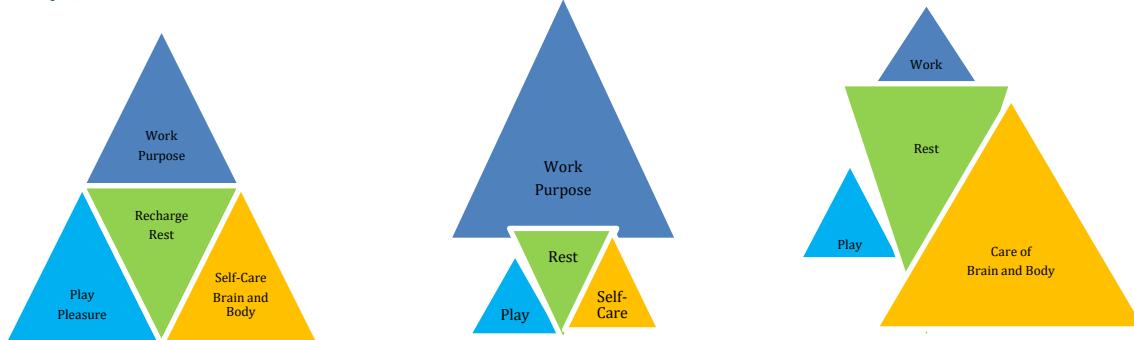


Finding Balance as a Sapphire

What Does Your Day Look Like?
by Teepa Snow, MS, OTR/L FAOTA



What happens when a Sapphire is **out** of balance? Too much work? Too little rest? No time for fun or enjoyment? Only doing a minimum of self-care?

Well, the cool part about being a Sapphire, is that you can **get away with it** for a short period of time, and still have reserve to call on. The bad news is that the reserve tank does have a **limit** and as you approach that limit, you become less and less aware that you are getting to the **absolute** boundary between being in marginal Sapphire mode and the sharp edge of Diamond State! It typically takes a few "Uh-Oh!!" experiences when you hit the brick wall or fly off the handle before you become more skillful at recognizing the indicators that you are getting close to that point of not being able to negotiate the U-turn from the edge of Diamond to a Sapphire state. You have to fail a few times so that you can notice the **need** to shift focus to the missing or diminished pieces for a bit and **make** yourself **do it**, to get life back to something that is more comfortable for you and everyone who depends on your ability to stay Sapphire.

So, let's review the characteristics of Sapphire State that are vital and apparent when you are balanced:

- You are flexible and able to adapt to changes in the moment with ease and comfort
- You approach the unexpected or atypical situation with curiosity rather than distress and resistance
- You enjoy variations and slight alterations rather than become irritated with questions of WHY the change needs to happen or HOW is it supposed to get done
- You can support others where they are and how they are rather than wishing they were different than they are or seeking to avoid their presence or questions
- You readily acknowledge the value of effort and attempts and reinforce participation while monitoring for safety and everchanging abilities
- You are self-aware in terms of internal status related to:
 - o Nourishment and hydration
 - o Wake-sleep cycles combined with circadian patterns
 - o Elimination of waste products

- Possible discomforts
- Potential for, or beginnings, of physical, emotional, or spiritual pain
- You use pauses to take mini-breaks for balancing or recharging rather than waiting for the big chunks, that you realize are not coming soon enough!

How about taking just **two** minutes, set your timer, to list out your close to the edge indicators. What have you noticed about yourself when you think back to right before you “lost it,” “melted down,” became rigid, shut down, had an accident, screamed.... In other words, stepped over that line.

Here are a few of **my** hints that I had better figure out what is out of balance and spend a little time getting it back in alignment:

- I miss my GPS’s turn cues and have to circle around – GRRRRR!
- I clench my jaw and get really quiet when I try to listen to what the other person is saying
- I make mistakes in dates when booking flights or cars, and don’t catch them
- I actually tell the person on the phone that they do not actually sound sorry at all, they sound like they couldn’t care less, instead of just thinking that
- I buy a bag of sourdough pretzel nubs and eat them all in one sitting

If we respect our limits, and develop strategies for recovery, we are better prepared for the moments and times when we have to **push** past the barrier and use all that we have, without getting into such dangerous physical, emotional, or spiritual territory. It is actually safer to look in the mirror and make some adjustments if you have been paying attention to what is ahead and around you.

If nothing else, pause long enough to take in a deep breath and then push it out. Really **breathe!!!!** You are well worth it!

For more ideas about being Sapphire or finding the support you need to find balance, consider watching our webinar, [**Brain Fitness for All of Us: What’s Out There that Might Help?**](#)

[**Click here**](#) to watch a preview of the webinar.