

THE LETTER V BLOG

Be Well. Be Balanced. Be POISED.

By Dr. Venice P. Daley

We give our time to work, family, and the people who depend on us. Sometimes we move from one obligation to the next without pausing to consider our own well-being.

I developed POISE as a way to reflect on five connected dimensions of wellness: physical, occupational, intellectual, spiritual, and emotional. Balance means recognizing what needs care and making thoughtful adjustments. Some seasons require more attention to one area than another.

P ● Physically Well

Pay attention to your body and make room for care and rest. Notice how the demands of your days affect you and where responsibilities might be shared.

O ● Occupationally Well

Consider your sense of purpose, fulfillment, and the boundaries around your work. Whether through employment, caregiving, ministry, or business, your contribution matters.

I ● Intellectually Well

Make room for curiosity. Read, ask questions, learn a skill, or create something. Our experiences and thoughtful conversations can help us see familiar things in a new way.

S ● Spiritually Well

My faith is the foundation of how I live and serve. Prayer, Scripture, worship, and reflection nurture my relationship with God and help me align my daily choices with my faith.

E ● Emotionally Well

Name what you feel and consider the support you need. Gratitude, disappointment, joy, and grief can exist in the same season. Make room for honest conversations and caring relationships.

Choose One Thoughtful Step

Notice which dimension needs your attention today and choose one action you can make room for. Consider your surroundings, too: a quieter place to reflect or a clear space to read may support your efforts. Revisit your priorities as your circumstances change.

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