

Balance In The Force
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Yes, I am a Star Wars fan. Have been since 1977. When a film can impact multiple generations, there must be something special about it. Take away the characters and the special effects, and believe it or not, there is still a story in there. Good versus evil, finding out who you are, what you are made of, how to be a hero. All of the trials and tribulations of most adolescents (and adults).

What I have taken from Star Wars is the message of balance. In order for peace to prevail in the galaxy, there must be balance in the Force. In order for peace to prevail in life, there must be some sense of balance. I notice that when my own household is managing stress, the reason usually revolves around a lack of balance. Typically the scales are tipped in favor of work versus play, which gets corrected by a weekend of hanging around the house, barbequing, playing games and watching movies.

Many of the students and families that I work with also seem to lack a sense of balance in their worlds. School is overwhelming, kids are overscheduled with sports or other after school activities, or work schedules are off so the family does not get a chance to connect on a regular basis. Over time this lack of balance creates stress, which wears on the family system. I have also noticed that stresses decrease when families are able to create a balance of work, play and family time in their lives.

I want to challenge you all to take an inventory of your current family situation. How are your stress levels? Are work and play somewhat equitable? Is there a balance between personal time and family time? If not, how can that be remedied? There are simple solutions to these complex problems. The first step may be as simple as watching Star Wars...