

The BALANCE Journal

MIND • BODY • HEART • PURPOSE

The Art of Coming Back to Yourself

SLOW DOWN. LISTEN INWARD.
RECONNECT WITH
WHAT MATTERS.

SPECIAL EVENT
Restorative Yoga
at Roslyn Salt Cave
October 24 • 11 AM



FEATURE STORY

The Art of Coming Back to Yourself

A reminder that sometimes wellness isn't about becoming more—it's about reconnecting with who you already are.



THE BALANCE CHECK-IN

Mind • Body • Heart • Purpose

Four simple questions to help you notice what needs your attention.



OCTOBER WELLNESS TOOLKIT

Fresh practices, seasonal nourishment & a 7-day challenge to help you reconnect with yourself.

Find Your Balance. Live With Purpose.

thisbalancelife.com

Dear Beautiful Soul,

“There is a quiet kind of wisdom that appears when we finally give ourselves permission to listen.”

I’m so grateful you’re here.

October has always felt like an invitation to slow down.

The days become a little shorter. The air begins to change. Nature releases what it no longer needs, and somehow we’re reminded that we can do the same.

But this month, I want to invite you into something slightly different.

Not another goal. Not another thing to improve. Not another version of yourself you need to become.

I want to invite you back to you.

Life has a way of becoming full. We care for people. We work. We solve problems. We manage schedules, responsibilities, expectations, and all the little things that need our attention.

And sometimes, without even realizing it, we become so busy showing up for our lives that we stop checking in with ourselves.

We stop asking: *How am I really doing? What do I need? What brings me joy? What am I ready to make room for?*

This month’s theme, **The Art of Coming Back to Yourself**, is an invitation to listen again. Not because you’ve lost yourself, but because perhaps your own voice has simply become harder to hear beneath all the noise.

Sometimes it begins with one breath. One boundary. One honest answer. One small choice that says: **I matter, too.**

So wherever this month finds you, I hope you’ll give yourself permission to come home to yourself—gently, intentionally, and without judgment.

You don’t need to have everything figured out. You simply need to listen.

With so much love and gratitude,

Nicole Helmus 

NICOLE HELMUS

Founder, This Balance Life

Certified Wellness & Leadership Coach

Creator of The Balance Method™

PAUSE HERE

Before you turn the page...

Close your eyes.

Take one slow breath.

Place your hand over your heart.

Ask yourself:

**What do I need
more of this month?**

Don’t overthink the answer.

Just listen.

The Art of Coming Back to Yourself

SLOW DOWN. LISTEN INWARD. RECONNECT WITH WHAT MATTERS.

There are seasons when we don't exactly lose ourselves. **We simply stop hearing ourselves.**

Life gets full.

We take care of what needs to be done. We show up for work, family, responsibilities, goals, and the people who depend on us.

We keep moving.

And somewhere between the schedules, expectations, decisions, notifications, and endless mental lists, our own voice can become quieter.

Not gone. Just harder to hear.

Maybe you notice it when someone asks what *you* want—and you aren't quite sure.

Maybe you've become very good at knowing what everyone else needs while rarely asking yourself the same question.

Maybe you're tired, but keep pushing.

Maybe you've stopped doing some of the little things that once made you feel alive.

Or perhaps nothing is particularly wrong. You simply haven't felt quite like **you** lately.

Sometimes it simply means: it's time to come back to yourself.

That feeling doesn't mean you need to overhaul your life. And it doesn't mean you've lost your way.

Coming back to yourself isn't about becoming who you used to be.

You've grown. You've changed. You've lived through things that have shaped you.

The goal isn't to go backward.

It's to reconnect with the parts of yourself that still matter while honoring the person you're becoming.

Your values. Your needs. Your joy. Your boundaries. Your dreams. Your peace. The things that make you feel most alive.

They haven't disappeared.

Perhaps they've simply been waiting for your attention.

PAUSE & REFLECT

When do I feel most like myself?

"You don't need to find your way back to who you were. You get to come home to who you are now."

You Don't Need More. You May Need to *Come Home.*

THE ART OF COMING BACK TO YOURSELF

We live in a world that constantly encourages us to add.

Do more.

Achieve more.

Buy more.

Fix more.

Become more.

But sometimes wellness isn't about adding another thing to your life.

Sometimes it's about returning to what already makes you feel whole.



MAYBE COMING BACK TO YOURSELF LOOKS LIKE...

- ✿ Choosing quiet before reaching for your phone.
- ✿ Resting before you're completely exhausted.
- ✿ Saying no without writing an entire explanation.
- ✿ Moving your body because it feels good—not because you're punishing it.
- ✿ Calling the person who always makes you laugh.
- ✿ Cooking something nourishing and sitting down long enough to enjoy it.
- ✿ Returning to something you once loved.
- ✿ Protecting your energy without apologizing for it.
- ✿ Allowing yourself to change your mind.
- ✿ Making space for joy that serves no productive purpose whatsoever.

“

These things may seem small. But small acts of self-connection are powerful.

Every time you listen to yourself, you strengthen your relationship with yourself.

Every time you honor a boundary, acknowledge a feeling, rest when you need rest, or choose something that brings you genuine joy, you are sending yourself a message:

I am listening.

And perhaps that's what coming home really means.

Not finding some perfect version of yourself.

But building a life where **you are included in your own care.**



A GENTLE REMINDER

You are allowed to have needs.

You are allowed to protect your peace.

You are allowed to change.

You are allowed to rest.

You are allowed to choose differently.

And you are allowed to create a life that feels good on the inside—not simply one that looks good from the outside.



CARRY THIS WITH YOU

*“I don't have to find myself.
I can simply make space to hear myself again.”*

Mind • Body • Heart • Purpose

BALANCE ISN'T ABOUT GIVING EVERYTHING EQUAL ATTENTION.
IT'S ABOUT NOTICING WHAT NEEDS YOUR ATTENTION NOW.

Take a few quiet minutes to check in with the four parts of your well-being.



MIND

What has been taking up the most space in my thoughts lately?

Is it helping me?

Is there something I need to release, reframe, address—or simply stop carrying today?

ONE THING MY MIND NEEDS:



BODY

What has my body been trying to tell me?

More sleep? More movement?

More nourishment? Less rushing?

More recovery?

Your body communicates with you every day.

ONE THING MY BODY NEEDS:



HEART

What has been bringing me genuine joy lately?

Who makes me feel safe, seen, energized, or understood?
What have I been missing?

ONE THING MY HEART NEEDS:



PURPOSE

Where do I want my energy to go?

Not where *should* it go.

Where do I genuinely *want* to invest my time, attention, and energy in this season?

ONE THING THAT MATTERS TO ME RIGHT NOW:



YOUR BALANCE NOTE

Look at your four answers.

You don't have to address everything today.

Choose the one that feels like it needs you most.

“Balance isn't a destination. It's an ongoing conversation with yourself.”



Small Practices. Big Shifts.

SIMPLE THINGS THAT HELP YOU COME BACK TO YOU.

You don't have to change everything to feel better. Sometimes the smallest things create the biggest shifts.

Here are a few simple practices to help you reconnect with yourself this month.



MORNING PAUSE

Before your day begins, take five minutes just for you. No phone. No agenda. Just breath.



NOURISH WITH INTENTION

Choose foods that make you feel good, not just foods that are convenient.



MOVE GENTLY

Move your body in a way that feels supportive, not punishing. Your body is not the enemy.



BOUNDARIES ARE SELF-CARE

Protect your time, your energy, and your peace. You're allowed to say no.



CONNECT

Reach out. Laugh. Have a real conversation. Connection is medicine.



END YOUR DAY ON PURPOSE

Reflect on what went well. Release what didn't. Give yourself permission to rest.

“

*You don't need a perfect routine.
You need a few moments of intention.*

The Power of Listening to Yourself

YOUR INNER WISDOM HAS BEEN WITH YOU ALL ALONG.

We live in a noisy world.
Notifications. Opinions. Expectations.
Advice. To-do lists that never end.

It's no wonder we lose touch with our
own inner voice.

But your inner wisdom is still there—
quiet, steady, and always on your side.



LISTENING TO YOURSELF MIGHT LOOK LIKE:

- Noticing how something feels in your body.
- Paying attention to your emotions without judgment.
- Honoring what you truly want, not what you think you should want.
- Trusting that you already have the answers.
- Giving yourself permission to change your mind.

“

*The more you
listen to yourself,
the easier it
becomes to trust
yourself.*



A GENTLE REMINDER

Your inner voice isn't always loud.
But it's always honest.
It's patient. It's kind.
And it's always guiding you home.

Reflect. Reset. Realign.

A QUIETER YOU. A BRIGHTER PATH AHEAD.

You don't have to wait for a new season to choose a new direction.

Sometimes the most meaningful change doesn't come from doing more, but from pausing long enough to listen, reflect, and realign with what truly matters.

1

REFLECT

LOOK BACK WITH KINDNESS

What moments, lessons, or experiences from this season are you most grateful for? What have you learned about yourself?

2

RESET

RELEASE WHAT NO LONGER SERVES

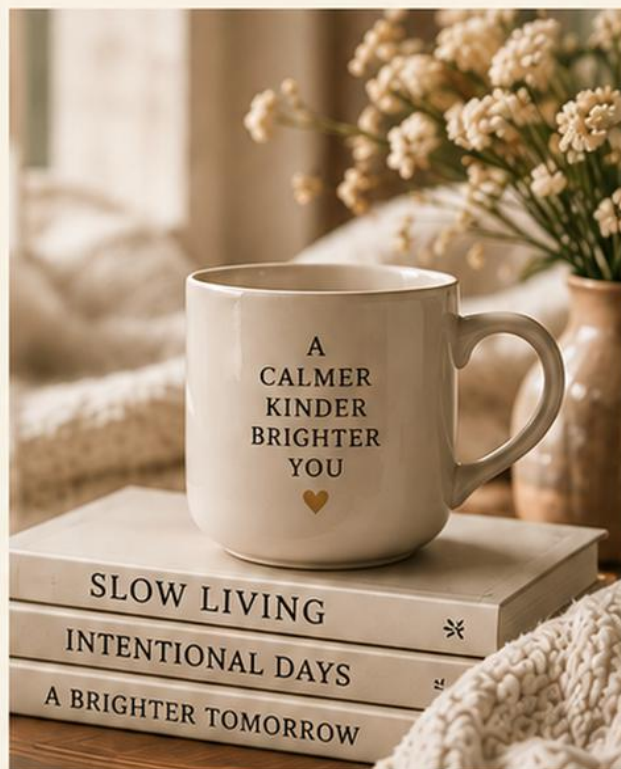
What are you ready to let go of? What habits, expectations, or thoughts are weighing you down?

3

REALIGN

MOVE FORWARD INTENTIONALLY

What do you want to feel, create, or make more space for? What is one small step you can take this month to support the you you're becoming?



LOOKING AHEAD

SET AN INTENTION FOR WHAT'S NEXT

How do you want to feel by the end of this month? What would make this month feel meaningful for you?

*"A more aligned you
creates a brighter
everything."*



THE MINDFUL WELLNESS CHALLENGE

7 Days of Coming Back to You

Seven small invitations. No pressure. No perfection.
Just a few intentional moments to reconnect with yourself.

01

DAY



LISTEN

Give yourself five uninterrupted minutes of quiet.

Ask: What do I need today?

02

DAY



NOURISH

Choose one meal today with intention. Sit down, slow down, and actually experience it.

03

DAY



MOVE

Spend 15 minutes moving in a way that feels good to your body—not as punishment, but as care.

04

DAY



PROTECT YOUR PEACE

Say no, postpone, delegate, or step away from one thing that is unnecessarily draining your energy.

05

DAY



RECONNECT

Reach out to someone who makes you feel more like yourself.

06

DAY



CHOOSE JOY

Do something simply because you enjoy it. No productivity required.

07

DAY



COME HOME

Create a quiet closing ritual. Make tea, light a candle, sit somewhere comfortable, and reflect:
What did I notice about myself this week?
What do I want to carry forward?



YOUR WEEK IN ONE WORD

This week, I felt:

Something I want to remember:



*“Wellness isn’t something you complete.
It’s a relationship you continue to nurture.”*



You Don't Have to Have It All.

You Just Have to Keep Choosing You.



Thank you for spending part of your month
with The Balance Journal.

I hope these pages reminded you to slow down,
breathe deeper, and come back to what
matters most.

You are allowed to take up space.
You are allowed to rest.
You are allowed to grow at your own pace.
You are allowed to choose you.

I'm so grateful you're here.

With love and gratitude,

Nicole


See you in November.



THIS BALANCE LIFE
PRESENTS

Restorative YOGA

in the Salt Cave

BREATHE • RESTORE • RECONNECT

A restorative experience designed to help you slow down, breathe deeply, and reconnect with yourself.

Set within the peaceful surroundings of the Roslyn Salt Cave, this intimate wellness experience combines restorative yoga, guided meditation, and quiet relaxation to support deep rest and renewal. You'll leave feeling grounded, restored, and a little more connected to yourself—and with a special gift to take home.

SATURDAY
OCT 24
11:00 AM

ROSLYN
SALT CAVE

ROSLYN
SALT CAVE
BREATHE HEAL BE WELL

*A Healthier
Calmer You
Awaits*



YOUR EXPERIENCE



40 MINUTES

Restorative Salt Session

Immerse yourself in the healing environment of the salt cave while enjoying a restorative yoga practice designed to calm your mind and body.



5 MINUTES

Guided Meditation

A short, intentional meditation to help you deepen your breath, quiet your mind, and reconnect with what matters.



10 MINUTES

Relaxation in the Salt Cave

Rest and integrate as you soak in the peaceful energy of the salt cave, leaving you refreshed, grounded, and renewed.



A LITTLE SOMETHING SPECIAL

Each participant will receive a curated gift as a thank you for investing in you.

*Because you deserve
to feel good.*

*"Sometimes the most
productive thing you can do
is rest."*



EVENT DETAILS



Roslyn Salt Cave
17 Lumber Road, Roslyn, NY



Saturday, October 24, 2026
11:00 AM



Spots are limited.
Reserve by October 10.



To reserve your spot, email:
Nicole@thisbalancelife.com

*Space
is Limited*

RSVP BY
OCTOBER 10