

# The Life-Balance Puzzle

What challenges do you need assistance with?



**Different aspects of life are affected at different times for those living with a long-term illness.**

Use the puzzle to identify which areas you need to prioritize right now. Go through the pieces together and select up to three areas that require support and change. Also, choose three areas where you need to collectively think.



I am confident that I can handle my everyday life and how to reach out for support.



I can manage this if I am given advice and some support how to start.



I do not know how to manage this part of my everyday life. I need assistance.