

The Struggle for Homeostasis and the Beneficial Factors

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Creating and maintaining a balance in life is the basic requirement of all living things. Undoubtedly, it is a matter of stability in the world to adopt a balanced approach to different life events. The concept of homeostasis can characterize a particular aspect of balance. The specific homeostasis feature explains the inclination to adopt a balanced approach in life. It is characterized by the stable condition in case of living things exist in the world.

The concept of “Homeostasis” was first developed by Walter Cannon in 1932. His main focus was establishing the essential form of body needs that can effectively align with the internal environment. It is also notable to mention that achieving balance or “Homeostasis” in life is a difficult aspect of adopting as it comes with many complex features. A balanced approach to life demands addressing the different elements of life effectively. The complexity of life events and different values make it difficult for someone to sustain a balanced approach in life. Here the main focus is to discuss the features that make it difficult to attain a balanced approach in life and what factors can be helpful in adopting the necessary approach to balance in life.

Many authors discuss the survival of life with the approach of balancing. They apprehend the importance of understanding the basic features of life and adopting an approach to effective values. The right choices can help people maintain a balanced approach in their lives. The aspect of the balance of life can be discussed considering different dimensions. Brian Doyle successfully explains the balance of life with the example of the hummingbird. The author explains the feature of movement in the case of a hummingbird. Doyle describes the idea that the continuous movement of hummingbirds guarantees their lives, which establishes the features of balance and sustainability. As Doyle explains the following words: “Each one visits a thousand flowers a day. They can fly more than five hundred miles without pausing to rest. But when they rest they come close to death.” (Doyle). Doyle defines the necessary balance of life through this particular example, stating that movement is the symbol of life while the element of restlessness ultimately leads to the decline of life. “Richard Cory” is a poem that can be characterized as another literary work to explain the importance of a balanced life (Robinson). This particular piece of art explains that life’s true balance and happiness never exist in worldly materialistic things and good and calm looks. Inner happiness and satisfaction can lead someone to a balanced approach to life.

An unhappy life is another major reason that makes it difficult for someone to adopt a balanced approach in life. People live unwanted and bound lives, ultimately making them unconcerned about their lives and causing them to lose balance. This particular aspect of life is successfully discussed by Kate Chopin in “[Story of an Hour](#).” The character of Mrs. Mallard explains that an unwanted life makes

it difficult to find and sustain a balance in life. It is confusing for her to distinguish between the aspects of grief and the required liberty in life. The mixed feeling of the character is successfully explained: "She did not stop to ask if it were or were not a monstrous joy that held her. A clear and exalted perception enabled her to dismiss the suggestion as trivial." (Chopin). The fear of uncertainty and stagnation leaves an immense impression on people's lives as they cannot balance their lives with different life opportunities. James Wright also effectively explains the need for the necessary balance and movement of life in his poem, "Lying in a Hammock at William Duffy's Farm in Pine Island, Minnesota." He explains the movements of different elements closely related to nature and apprehends the idea of how much it is to move further to maintain the sustainability of life (Wright and Wildgen). The poet expresses life's different features, which can be characterized as the source of comfort in someone's life. He described the different fortunate moments of his life when he experienced the different elements of nature. He transforms his thought into the idea that there is a necessary need in life to create balance. Life is not only concerned with materialistic gain, but it also comes with the different beauties of nature.

It is crucial to mention that value systems play a major role in maintaining a balanced approach in life. The particular feature of value provides the necessary directions to humans to encourage and develop a balanced approach in life. An effective understanding of the values and the moral system is crucial for someone to use this particular approach to maintain the feature of a balanced life. This particular feature was successfully addressed by Jonathan Singer in "All Too Human: "Animal Wisdom" in Nietzsche's Account of the Good Life." Singer particularly addresses the features of Nietzsche, which question the prevailing system of values among humans. He raised the question about the worth of the prevailing values. It is crucial to determine whether these values apprehend the idea of a good life for humans. The effective connection between the aspect of values and a balanced life is crucial. The prospect of a value system forms the difference between the aspect of humans and animals. The aspect of morality is discussed by Nietzsche which is explained by Singer as: "The Kind of morality that Nietzsche opposes. The kind of morality that privileges reflection over sensibility, calculative thinking over instinct, self-presence over "forgetfulness," abstract autonomy over "heteronomy," etc." (Singer). The concept of a good life for humans comes up with the element of a developmental approach concerning reality. Reasoning and logic are the aspects that determine the effective approach to life for human beings. The aspect of pain and grief particularly concerning a happy and balanced life is effectively explored by [Emily Dickinson](#) in the poem, "After Great Pain, A Formal Feeling Comes." This poem provides effective insights into the different forms of pain that change people's lives. Mainly, the aspect of pain is discussed in the form of emotional pain which changes people's perspective regarding life (Dickinson). It is the reality that the emotional pain disturbs the natural balance of life. People can never deal with their life's issues effectively and courageously.

To conclude, it is crucial to mention that balance in life is the key approach for humans to succeed in different facets of life. It is necessary for humans to adopt effective approaches to deal with the different problems of life. Many factors can hinder the sustainment of a balanced approach in life. It is recommended that people adopt a sound value system that is effectively aligned with the aspect of

life. One should be able to make the right choices to achieve the ultimate goal of a balanced life.

Work Cited

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