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4 of the Most Important Self-Care Tips for Busy Entrepreneurs

Entrepreneurs are notorious for not taking care of themselves, working long hours, and barely leaving their desk. Yet, there are few things more important than self-care when it comes to being an entrepreneur.

Self-care looks like anything you actively do in order to improve your physical, mental, and emotional wellbeing. It's key for boosting creativity, improving productivity, and reducing the stress that comes with owning a small business.

To be a wildly successful business owner, prioritizing your self-care is a must. For that reason, we've put together these top 4 of the most important self-care tips for busy entrepreneurs.

1. Schedule Time for Exercise Like You Would a Work Meeting

Who has the time for exercise, right? Still, even if you can't spare the travel time to the gym, you can always fit a workout in [at home](#) or [go for a run](#) around the neighborhood. Setting aside blocks of time to move your body is critical to mental

health and improving overall energy levels in your business and in life.

As an entrepreneur, *Which* explains that one tool that is both useful and practical is a smartwatch or fitness tracker to [track your progress](#). They're great for moderating how much activity you're getting, especially if you spend long hours at a desk. You can even enhance your smartwatch [to your liking](#) with a new watch band or screen protector.

2. Prioritize Work-Life Balance

For many entrepreneurs, work-life balance is [nonexistent](#). Yet, it's crucial for sustaining long-term success in your business, not to mention in your personal life.

If you're managing employees, it's important to find ways to reduce stress wherever possible. This might look like taking mid-day breaks or going for a walk, using your vacation days, establishing boundaries, and working remotely whenever possible. Make sure you make time for social self-care by spending time with loved ones and meeting new people, as well as your own downtime to enjoy activities you're passionate about.

3. Learn to Say No

The "hustle" is something that's glamorized in our culture, but working long hours without sleep is detrimental to your success as an entrepreneur. While this advice may seem straightforward, learning to say no is often one of the most important skills for small business owners to adopt.

It's all too easy to take on more than you can handle. Instead of trying to do everything yourself, why not outsource tasks? For example, instead of pulling long hours to finish the weekly newsletter or blog post for your business, you can hire a content writer to do it for you. Pitney Bowes [recommends](#) outsourcing marketing, legal concerns, bookkeeping, payroll, and tech needs as well.

Here's another great idea to try. Next time you're writing down your to-do list, also make a "no list". Some business mentors even suggest making a "[hard no list](#)" as well. This should include things that you definitely will not do for the week, such as checking your email after a certain time and saying no to things that drain your energy.

4. Start the Day Right

The most successful entrepreneurs are the ones who start the day off with a positive morning routine. Instead of instantly checking social media the second you open

your eyes, could you spare 10 minutes to create your own [mindfulness routine](#)? This could be anything from meditation to writing in a gratitude journal to saying positive affirmations in the mirror.

And that's it! Remember, a healthy, rested, and productive entrepreneur is much better than a stressed-out one. What's your favorite way to prioritize your self-care?