

## 5 Ways Entrepreneurs Can Include Self-Care in Their Busy Schedule

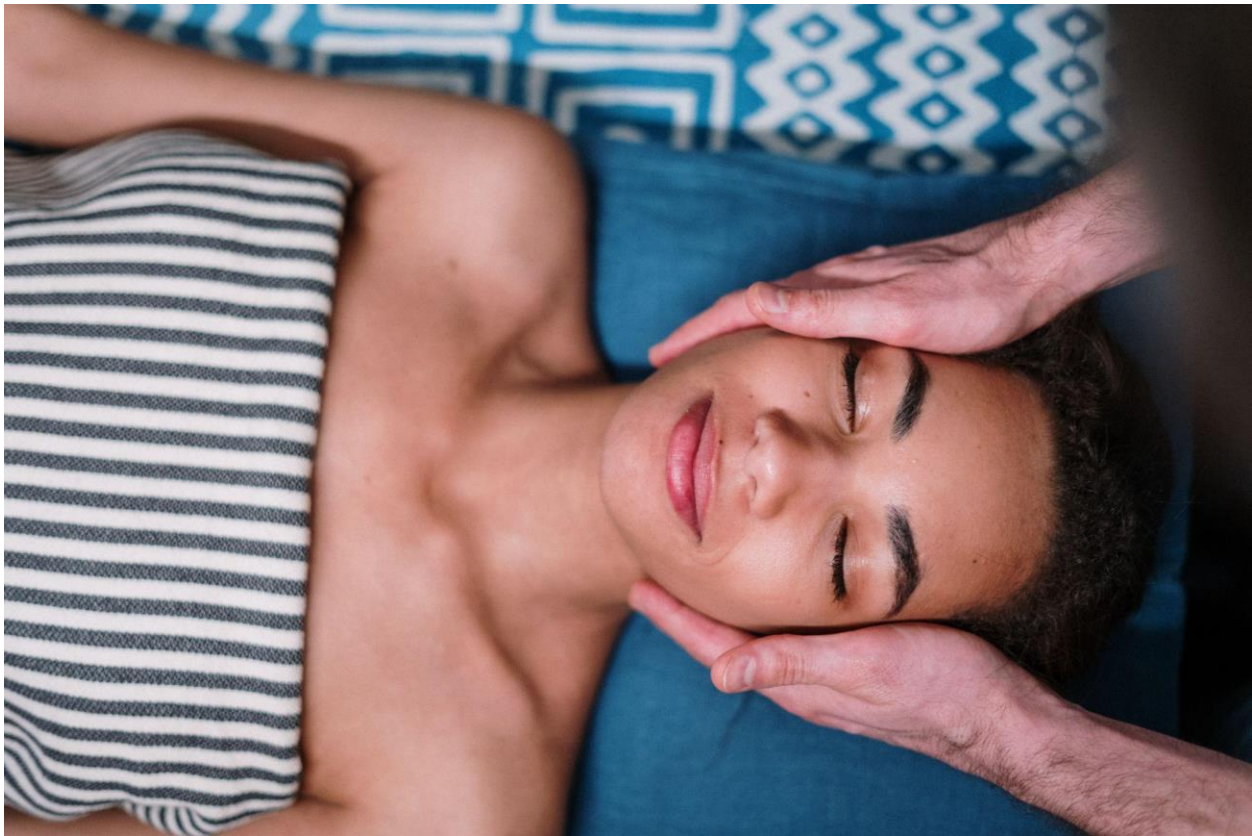


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As an entrepreneur, you're accustomed to working long hours and pushing the boundaries each day to get as much work done as possible. However, research by Trello shows that prioritizing rest is the best way to [increase productivity](#). While working hard is important, it should not be mistaken for working all the time which is bound to lead to burnout. In this article by [Aroma Gee](#), we'll explore the best self-care techniques for you to follow both in and out of the office for achieving a balance between work and rest.

### **Learn to Say No**

As the boss, you're bound to receive multiple requests a day for meetings, calls, and discussions. Saying yes to everything is bound to overwhelm your schedule and lead to working long hours every day. This can easily be cut down by [prioritizing high-value tasks](#) such as meeting investors to secure funding, visiting suppliers to develop stronger relations, forming tie-ups with other businesses, and more that are integral to the survival and growth of the business.

For each meeting, you turn down and instruct team managers to send you an email regarding the key discussion points. Additionally, rather than handling every project yourself, place trust in your managers and employees to competently handle the responsibilities they were hired for.

## Be Open to Help

No entrepreneur is an expert in all areas of the business. Trying to independently manage projects that aren't your forte will lead to a waste of your time and company resources. In such situations, be open to asking for help whether that be from a co-worker, mentor, partner, or others.

Additionally, if you lack in-house expertise for business projects, consider hiring freelancers. Whether it be website design, app development, social media management, accounting, or any other project, you can hire an experienced freelancer at an [affordable price](#) on a short or long-term basis.

## Find a Hobby

For entrepreneurs suffering from chronic stress i.e. feeling overwhelmed for a prolonged period, hobbies are a great way to break free and develop good mental health. As reported by Verywell Mind, hobbies serve as a [relaxing outlet](#) for individuals to channel their energy towards activities that provide a sense of fulfillment and peace. Common hobbies to explore include reading, journaling, painting, music, gardening, and dancing.

Practicing hobbies for 20 minutes a day can significantly reduce stress, helping entrepreneurs to experience higher levels of productivity and happiness.

## Start Doing Yoga

Yoga is one of the best activities to help [wind down after work](#). Once you're home, find a quiet space to practice yoga for 15 – 30 minutes. If you're starting out and aren't familiar with the poses, practice simple breathing exercises. Sit in the easy pose (Sukhasana) i.e. the crossed leg position and focus on taking deep breaths. You can consider playing calming music or trying a guided meditation app to complement the exercise.

Practicing yoga develops mindfulness, allowing you to disassociate from work-related stressors and enter a positive state of mind.

## Practice Self-Massage

Whether it be at the office or home, the majority of our time is spent being [sedentary](#). As a result, muscle pain in the lower back, shoulders, neck, and other parts of the body has become a frequent occurrence. Being in constant pain makes it hard to focus on work and increases stress levels.

Practicing self-massage is the perfect way to get rid of muscle pain and stress. To massage your lower back, glutes, and legs, position a foam roller on the floor, place your body part on top of it and [roll back and forth](#) for a couple of seconds at a time for a set number of minutes. To

massage your neck, stand upright, tuck your chin to your chest, place your fingers on the area where pain usually occurs and gently apply pressure while moving fingers in a circular motion.

While self-massage is a helpful practice, nothing beats visiting a [professional massage therapist](#). Along with a great massage, your therapist can include aromatherapy, cupping therapy, and Reiki to help you overcome stress and have a much-needed relaxing experience.

Given how simple these self-care activities are to follow, even entrepreneurs with the busiest lifestyles can include them in their daily routine.