

# Taking Care of Business by Taking Care of Yourself

## 1 Include “me time” in your day

Me time doesn't have to be a whole day at the spa. In fact, it can be as long or as short as you like. What's important is that you're taking time out of your day to relax, recharge and focus on yourself. Need a few ideas? Use this time to call an old friend, start a new book, or take yourself to lunch.

## 2 Exercise daily

It's no secret that exercise can improve our health, but did you know it can also boost your productivity? It's true! When we exercise it triggers a protein in our brain called BDNF (brain-derived neurotrophic factor), which boosts our mood and cognitive abilities<sup>1</sup>, keeping you in a productive mindset throughout the day.

## 3 Nourish your body

Along with daily exercise, nourishing your body with healthy, nutrient-dense foods are going to boost your mood, energy, and ultimately keep you focused. Start by taking a few minutes each week to plan out your meals, that way you know exactly what you're having each day and won't be tempted to grab something unhealthy at the last minute.

## 4 Be present

Being mindful can make a huge difference on your well-being, happiness, and work ethic. Mindfulness coach, Diane Sieg states, “Mindfulness is about being more present and aware of your behavior in each moment. It can help you change habits that are no longer serving you<sup>2</sup>.”

By practicing mindfulness, you can start to see what areas in your life are distracting you from your full potential. You can be more present by slowing down, focusing on one thing at a time, limiting your screen time, and spending time outdoors.

### SOURCES:

1. Ace Fitness, “Your Brain on Exercise: The Neuroscience Behind a Good Workout,” October 2018
2. Elevate, “Be More Mindful: 7 Tips to Improve Your Awareness”

It's hard to run a successful business while you're burning the candle at both ends. Knowing when to call it a day and make time for yourself is important. It'll leave you feeling happier, healthier and ready to take on the next big project. As you get your personal life cared for, contact us for a free business consultation to discuss how we can help you care for your business as well.

Schedule your free Business Consultation at [buffiniandcompany.com/bc](http://buffiniandcompany.com/bc)