



SELF-CARE START GUIDE FOR ENTREPRENEURS



Not all self care is created equally



INTRODUCTION

Self-care looks different for each individual and is important for everyone, but as an entrepreneur, it's an absolute must. In this guide, you will learn a few options to start integrating self-care into your life as an entrepreneur.

We'll be talking about taking care of your mental health, physical health, and emotional well-being. If you're an entrepreneur and not taking care of yourself then you will struggle to succeed in the long run.

I'm sure you've heard this before, but it bears repeating. If you don't take care of yourself first then how can you possibly expect to take care of anything else? As an entrepreneur, your mental health affects everything from your ability to find inspiration to the way in which you handle stress.

If you're not taking care of your mental health, it will show in your work performance. You may find yourself stuck or unable to move forward with your business. On the other hand, if you are taking care of yourself first you will be able to handle the stresses better, problem solve easily, and have a clearer mind so that when things go wrong (and they will) you can bounce back faster and stronger than ever before!

AROMATHERAPY

Smells, good or bad have an effect on how you feel. Different smells affect different people differently. What smells good to you, may not be pleasurable to a friend. Aromatherapy is the practice that uses natural plant extracts to promote health and well-being. Many are not aware of the many health benefits of aromatherapy that you can tap into. Keep something that smells delicious on your desk. Smell it throughout the day. Rub it on your hands, shoulders, and neck.

- Lavender is great for relaxation, stress management, reducing a headache
- Peppermint can help improve your focus and mental functions
- Rose reduces anxiety
- Rosemary can aid tension and energize you

Once you get into aromatherapy you realize that it can be used for other things too, like cleaning and even sometimes for skincare. Make sure to find one that is all-natural and not watered down. Doterra is a trusted brand, and it's typically easy to find a local small business owner in your circle that has access.

TIP NO. 2

DIGITALLY DECLUTTER

Digitally Declutter: A lot of self-care lists tell you to digitally detox. Unplug. But for an entrepreneur, even the thought of this can cause further anxiety. While that does point to possible technology addiction, or lack of proper business structure, trying to solve that problem is an entirely different challenge.

Start small. Recognize that a tech detox does not treat the root cause of the problem but it can help move you towards getting to a place where you can eventually digital detox for periods of time. How do you digitally declutter?

- Delete apps on your phone and think twice before downloading new ones
- Turn off all non-essential notifications on apps (email is not essential, you don't need to be notified every time you get one)
- Unfollow people on social media, or consider having different accounts for different reasons to curate your content
- Stop bringing your laptop everywhere you go. Especially on vacation.

TIP NO. 3

LEARN TO SAY "NO"

Respectfully setting boundaries is an art. Recognize that not every opportunity is a good one. The wrong opportunity can distract you, cause stress, become expensive, and worst of all damage relationships. As an entrepreneur, it's natural for you to want to help other people, solve problems, and take on new challenges.

Sometimes a great opportunity can present itself, but it's with the wrong person or the wrong time. Self-care in these situations is about learning how to say no with kindness. Be thoughtful, you do not have to say yes to people immediately. Ask yourself these questions:

- Does this fit with my long-term vision?
- How will this change what I'm already working on?
- Do I need to do this right now, or will the opportunity be available later?

A good rule of thumb is if the opportunity doesn't excite your entire body, you should pass. Experience tells us that things always take longer than we originally plan. The risks associated with taking on projects when they are not in alignment are not worth it.

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TIP NO. 4

TAKE CARE OF YOUR TEMPLE

A lot of self-care guru's will tell you to eat right, and exercise but let's be realistic. Many entrepreneurs have unhealthy relationships with food. We look at it as fuel, forget about it completely, use it as a coping mechanism, or simply replace it with caffeine and/ or alcohol. Working out takes precious time and even though the end result is energizing, getting started and keeping it up is exhausting.

You can start small with body self-care and build up to a more holistic routine.

- Invest in a pair of blue light blocking glasses
- Stretch or move your body at least once a day. This can be pushups, yoga, or dancing in your living room
- Download programs like f.lux, which are free and automatically adjust your laptop to start winding down
- If you have the monthly budget get a massage envy membership. If not you can get a \$30 Theracane. Keep it by your desk and use it throughout the day

Remember no one is perfect. We all have our guilty pleasures and tricks for managing stress. Small things you do now to take of your body will bring peace of mind. With the goal that eventually you start that workout routine, and enjoy three meals a day.



TIP NO. 5

AFFIRMATIONS

Members of QUOKA are prompted to come up with affirmations. This practice of positive thinking and self-empowerment is a simple action that can have a huge impact on your day. Below are examples to get you started. Say each one three times a day to start:

- I believe that hard work pays off
- I deserve success
- I am proud of the people that I've helped advance their careers
- I choose to go over give up
- I will make the world a better place
- I choose independence over stress
- I am proud of my ability to bounce back during times of stress
- I deserve to give and receive love in its fullest expression!
- If I connect to my power and embody it courageously I will spread it to others in need
- I am a positive influence in this world
- Being a kickass leader will help me lead a successful team and startup

Feel free to use any of these or come up with your own. It only takes a few minutes to say your affirmations, and you can do them all at once, or break them up throughout the day. Write them down on small pieces of paper and tape them strategically around your space.

- Place one on your bathroom mirror
- Place one on your laptop
- Create one as a reminder on your phone
- Customize your alarm to be an affirmation
- Put one on the door at eye level

In conclusion, self-care is not something that happens overnight. Just like building a business, it takes time and your investment in that time will be worth it. If you find yourself unable to focus on solutions to the problems that you are facing reach out. hello@tryquoka.com

QUOKA is a spam-free experience. Text message with other entrepreneurs, access resources, learn mental well-being techniques, ask questions anonymously, increase and measure your mental health, earn karma points and connect with others to expand your network. All without an app.