

Why Entrepreneurs Need Self-Care (And How to Start)



Entrepreneurs are notoriously busy folks, but does that mean you always have to put your professional duties first? The truth is that business owners often overwork themselves. But

setting aside time for self-care is beneficial in so many ways – and it's not that hard to add it to your schedule, either.

Learn why entrepreneurs need self-care here, plus discover tips on how to get started. Then, keep up on current professional and local happenings at [OrangeCelebration](#) to get a jump on everything both business and leisure related.

Why Do Entrepreneurs Need Self-Care?

As an entrepreneur, you likely pour most of your energy into your company. But investing time in [yourself](#) is just as crucial, say experts. As Inc. highlights, many company founders neglect their mental and physical health, which leads to more anxiety and stress.

Not only that, but when you start to experience a dip in productivity or struggles with feeling burnt out, your brand will suffer, too. Psychology Today points out that self-care is like an insurance policy against burnout and feeling [overworked](#), helping you maintain a balance between your personal life and the organization you run.

Tips for Smart Entrepreneur Self-Care

Try these ideas for rejuvenating your mind, body, and entrepreneurial spirit.

Add Exercise to Your Routine

You know that exercise releases endorphins and helps you feel good. And it's also beneficial for your health. But exercising can be a great form of self-care for those reasons; working out lets you focus on yourself while also doing good things for your body.

If you're finding it hard to fit a workout in, think about trying an app to help you stay on track. The Pocket Personal Trainer app delivers [fitness and nutritional](#) info like meal plans, tips from fitness coaches, and workout tutorials.

Relax Better at Home

Relaxation may sound like a foreign concept to many entrepreneurs. But it's true that separating business and your personal life can allow you to relax and unwind no matter how long your work week is.

One way to [induce relaxation](#) is to remove negative energy from your home; decluttering, cleaning, and opening a few windows to enjoy a breeze can do wonders. Once you have the basics covered, try meditating or trying other mindfulness techniques in your cleaned-up space. You can also use an [app](#) like Calm to refocus your energy and stress less.

Shave Time Off Your Work Week

Saving time is likely a priority on your entrepreneurial list. There's no point in wasting hours when something could be done faster. The first step in making time for self-care is cutting down on the energy you're spending on work.

It might not be possible to work *less*, but you can work smarter. For example, employing productivity strategies can help you make the most of your time. [Tracking](#) the time you spend on tasks can help highlight problem areas and encourage you to reapportion your workload. Plus, you can outsource [essential](#) yet low-level tasks to save your valuable time for crucial business responsibilities.

Separate Business and Pleasure

Especially if you work at home, separating business and pleasure can be a challenge. But aiming to separate your brand from your life at home is a necessity. Of course, the balance won't always be perfect, but the idea is to set aside personal time without business responsibilities creeping in.

Creating a solid schedule for your work responsibilities is one way to outline where your hours should fall. Forbes suggests [prioritizing](#) human interaction over a few extra hours of productivity. But physical barriers can also be helpful; you'll feel less tempted to hop online and answer emails if your laptop is shut down and behind closed doors in your home office.

Dedicating time to self-care can seem inefficient on the face of it. But understanding the reasons why entrepreneurs need that time – and figuring out how to fit it in – is vital. The truth is that entrepreneurship isn't always easy – but it is worthwhile. From connecting with other professionals to exploring how you can partner with your community and still grow as a company, visit [OrangeCelebration](#) today.

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