



Put Yourself First To Get More Strength To Help Others



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We're just a bit more than halfway through the year and, if your life has been like mine, you've got whiplash from all the changes going on in your personal and professional life.

We can complain about it, resist it, and fight it all we want; but change is truly the only constant in this world. Women have always been masters at dealing with it because we're expert multi-taskers and we roll very well with the punches life throws.

But in our efforts to be super-women, we can sacrifice ourselves and that's never a good thing. My favorite thing to remind myself is that caution the flight attendants give you to put the oxygen mask on yourself before you help someone else.

It may seem contradictory, but practicing some self-care actually makes us better leaders and better caregivers.

Here are 5 strategies to take care of yourself so you can take better care of your business, your staff, and your loved ones.

Sure they may be things you've heard before but then why aren't you doing them?

Stop over-scheduling yourself.

Going from one event to the next, one meeting to the next, or one task to the next forces you to keep your head down and miss the beauty of the world. You often don't savor what you've gone through or celebrated an accomplishment. This keeps you focused on the mountain of things to get done rather than the joy in finishing something.

Pamper yourself.

Working from dawn to midnight doesn't make for a happy life. It may seem contradictory but when you take time out for rest, relaxation, and things that rejuvenate you you're actually able to accomplish more. And you generally feel better as you go through the day. Studies have shown rewards work to motivate so treat yourself to a massage, a manicure, a facial, or some other relaxing reward.

Surround yourself with emotionally healthy people.

Studies have also shown that negativity can actually kill. The bestselling book, *How Full is Your Bucket*, details how American POWs in the Korean War would lose hope and die when they were deprived of positive emotional stimulation. Look at who you spend your time with and if they're overly negative and unwilling to modify their behavior then spend less time around them and more time with positive thinkers. And if you're a naturally negative thinker, add Learned Optimism to your summer reading list.



Take action to change your situation.

The old adage "If you keep doing what you've always done, you will continue to get what you've always gotten" is really true. If you're not getting the customers you need and want then what are you doing to attract more and better customers? Change starts with each of us.

De-clutter.

Whether it's the mountain of papers on your desk, the overflowing closets, or other things that are taking up valuable space, clutter drains our energy and helps us feel depressed. Set a timer, turn on some music, and take just 30 minutes each day to work through the stuff.

Our emotional health impacts our physical health and every other aspect of our lives. Self-care isn't self-centered,

nor is it an expense or expensive. Caring for ourselves first is critical to our growth and to our ability to care for others.

The Atlantic-Cape May Chapter of the New Jersey Association of Women Business Owners is committed to providing an emotionally healthy, positive environment for women business owners and female busi-

ness leaders to get the support, education, and connections they need to grow their businesses and excel professionally.

We're practicing what we preach by taking a break from meeting in July and by making time for more fun in our meetings. If that sounds interesting to you, then join our mailing list at this address <http://tinyurl.com/24knk8b> to stay informed about our upcoming events.

At Your Service,
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The chapter meets the third Tuesday of every month 5:30pm – 8:00pm. For more information about the chapter, our next meeting topic and location or to register to attend a dinner meeting, please visit the NJAWBO Atlantic Cape May Chapter website at <http://tinyurl.com/kt5gyr>. NJAWBO is the largest state organization of women business owners in the country.

MAXIMIZE
your reach by connecting to
WOMEN BUSINESS OWNERS
in Atlantic and Cape May Counties.

Local Dinner Meeting: Third Tuesday of Every Month
Register: www.WhosComing.com/AtlanticCapeMayChapterNJAWBO



Atlantic Cape May Chapter
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