



Give it a Rest Already!

Written by Kathy Igoe

As business leaders and entrepreneurs, and consummate networkers, we are the last ones to lean back in our chairs, kick up our feet and take a long over-due break. Maybe you say, “I’ll relax tomorrow or over the weekend, during our slow period or after this project ends. But do you ever really relax?” Maybe you ask, “What does it matter anyway? So I feel a little tired, have a little pain or am always frustrated; who cares?” **It may be costing you more than you know.**

- **Ask your customers.** Customers who don’t care about you or your business don’t complain to you after a bad experience, they complain to everyone else they know.
- **Ask your spouse or children.** Your family may find it easier to avoid you than risk bringing such concerns to your attention in your current state.
- **Ask your doctor.** You likely haven’t been following your doctor’s advice up to this point, so how likely are to actually listen to him now?
- Ask the dog you’ve been booting around the house!

So what’s a work-a-holic to do? What you are experiencing and expressing are symptoms of a lack of attention to your self: your mind, body and soul. You need a little tender loving care or TLC!

Five tips for getting some of that desperately needed TLC:

1. Schedule yourself for an hour of massage! The power of human touch is deep, especially when practiced by one studied in therapeutic massage. If you enjoy it, plan to have one on a regular basis, like once a month.
2. Have a check-up with a trusted doctor (general practitioner, chiropractor or specialist), be honest with what is going on with you and listen to the recommendations he or she makes. If you are unsure of his or her advice, get a second opinion. Then take the appropriate action to begin living in a healthier way.
3. Go see a physical trainer at your local gym. Find out how you can begin to fit a regular routine of cardio-vascular, strength and flexibility exercise into your lifestyle. This releases the pent up energy and opens the energy flow within your body.
4. Contact a psychologist, therapist, life coach or spiritual leader and open a dialog about what is showing up in your life. The confidential, supportive and compassionate listening of another human being can be very helpful and comforting.
5. Plan a day, afternoon or evening of pure fun and enjoyment with your spouse or family. Leave all of your worries and difficulties at work; they’ll be waiting there for you tomorrow. Be present with your loved ones and they will love you for it.

If you won’t do it for you, do it for the health of the business. Your staff, customers, family and especially the dog, will respond positively to your positive attitude. It’s contagious!