

# 7 PICK ME UP HACKS

We understand women running a business means we wear many hats.

As well as all the other things which we call life. Plus the added tension 2020 has bought us all.

No wonder we were frustrated, misunderstood, and utterly spent.

So here are 7 hacks to get you through the tough times and closer to a celebratory glass of red.



## 1. Call someone

If you're feeling fed up, need a pick me up, or an ear then call someone. To maintain your sanity, keep calm and carry on. And it's excellent for your mindset too.

## 2. Sit in the sunshine

No matter the temperature, if there's some sun get in it for some much-needed serotonin. It will improve your mood, increase your energy and focus, boost your mood, decrease the stress and increase the feeling of calmness. What are you waiting for?

## 3. Make your socials inspirational

Delete the crap. That's right, if you're following people who you're comparing yourself to, don't bring you value and downright don't help your mood then unfollow! Remember, you're fantastic, you're you and inspirational socials will keep you focused on your journey.

## 4. Switch off sometimes

We get it, as business owners we feel we need to stay switched on always. Create your boundaries. Don't check your emails after 6, ignore business communications throughout the weekend. Whatever works for you, remember just because you're in business for yourself, it's not 24/7.

## 5. Watch your favourite movie

There's nothing as comforting as your favourite movie. If you need a pick me up then allow yourself a timeout, find yourself a pillow and lose yourself for an hour or so.

## 6. Take timeout

If you have a day where you just can't, then don't. Bare with us... if you need a day off, it's ok. But own it. If you've decided you can't be productive for that day, call it and don't do work. That way, you won't carry the guilt.

## 7. Jam in your jammies

Moving your body when you're feeling down releases endorphins, helps you focus, move and stretch. Grab your favourite song, have a quick boogie in your pyjamas, followed by a stretch to create centre and balance.

