

Looking After Yourself in Business

Many business owners and managers find the stress involved affects their physical and mental health, relationships, productivity and creativity, and general enjoyment of life. Long-term stress not only reduces happiness, but can lead to cognitive decline, reduced immunity, heart problems and depression.

We experience stress mainly because of expectations of how we think things should be. When things don't go to plan, or our expectations of ourselves or others aren't met, it creates a "stress" response which can become chronic and debilitating. We all know we need plans for our businesses—but more importantly we need a plan to manage our life as a whole. Here are some tips that we think will help you manage better.

Tip 1: You are Unique!

We all know and accept this fact—so common sense dictates that you need a lifestyle tailored to suit you, and your own set of rules. The only instruments you have to carry out your life and work is your very own body and mind. Understanding how these work will help you have more control and stability, allowing you to better withstand the constant stresses of modern life.

Tip 2: The Three Pillars of Life: Food, Sleep, and Exercise

Exercise, diet, and sleep often receive lower priorities than our job or business. These factors are the supporting pillars of your vitality and productivity. Preparing a detailed and individualised daily plan for your life, can help you manage your time and activities. Allow room for contingencies and adjust as necessary. Remember your first responsibility is to yourself! If you're not around, your business and family will not be around either.

Tip 3: Make time for Relaxation

Activities that combine both your body and mind in a focussed and non-competitive way provide the conditions for deep rest and relaxation. Some examples include focussed exercises, meditation, massage, and time spent with your family and friends. Make time for some of these activities every single day—build them into your daily routine.



Tip 4: Live in the Now!

The past is history and the future is a mystery—we can only affect the here and now. And yet, the present lived correctly will take care of the future—just as in the present, we experience the effects of past actions and thoughts. All we have is right now so we need to pay attention! Do your work well, but don't get too attached to the results. That way you can manage both success and failure. Accept what is taking place in each moment and adjust as needed. Developing awareness of yourself, those around you and your environment will make this possible.

Tip 5: Remember you come to this life with nothing and you go with nothing...

It is always a good idea to remind yourself of this simple fact. All success, all failures, all pleasures, all pain, all things will pass. Do not expect permanence in an impermanent world. Respect yourself and respect that others are different to you, that they have their own points of view. Take responsibility for your own life, be willing to share and to give freely. Be prepared to change, to keep learning and most importantly to "un-learn" when necessary!

Thanks to Nicky Hewett of [Ancient's Best](#)

Useful websites

Isn't it really annoying, you know the words, but what is that song? Try:

<http://www.lyricsfreak.com/>

The past is a ghost, the future a dream and all we ever have is now.

[Bill Cosby](#)

Barbican bite

It's the winter event season and there's plenty to choose from for all you entrepreneurs across the Top of the South. Check out what's a-happening now and get networking.

It's been very wet over the last few weeks, and it's now starting to get colder, so we hope you're all looking after yourselves properly so that you can take part in all the exciting things coming up.



Sue, Pip, Graham and the team at Barbican

Get Ahead, Keep Working in 2014

Small business management

Info sessions:

Blenheim

6.00 pm Monday 14 July 2014

6.00 pm Wednesday 23 July 2014

Nelson

6.00 pm Tuesday 15 July 2014

6.00 pm Thursday 24 July 2014

Starting:

Blenheim Monday 11 August 2014

Nelson Thursday 14 August 2014

- ✓ Get the lowdown on creating a high flying business
- ✓ Do your own business plan

Computing—Level 3

Info sessions:

Nelson

9.30 am Tuesday 1 July 2014

9.30 am Monday 7 July 2014

Starting:

Nelson Monday 21 July 2014

- ✓ Improve your skills on MS Office
- ✓ Learn the computer skills necessary for modern offices

Call Pip or Sue now on 03-547 6138

or [register your interest now](#)

What's on around town

ASPIRE 2014

Thursday 31 July 2014, 9.30 am—5.00 pm

Rutherford Hotel, Nelson

Kick Start Your Business, Blenheim

BNZ Blenheim

Tuesday 22 July 2014, 10.00 am—2.00 pm

[Susan Pickett](#) 03-547 6138

Rethinking Success in Business

Barbican Training Centre

Wednesday 9 July 2014, 9.00 am—12.15 pm

With Monaco Business Services

Contact Peter on 03-547 2175

The Millionaire Secretary: Secrets to Business Success

Monaco Resort, Village Hall

Tuesday 5 August 2014, 7.00 am—9.00 am

Keep in touch

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WOW moment!

The CIA launched its Twitter account (@CIA) a short while ago with a clever quip. "We can neither confirm nor deny that this is our first tweet," read the first post from the account yesterday afternoon. Twitter quickly verified the account of the nation's intelligence service with a blue tick. Within hours the account attracted over 300,000 followers.