



“MINDING” YOUR BUSINESS:

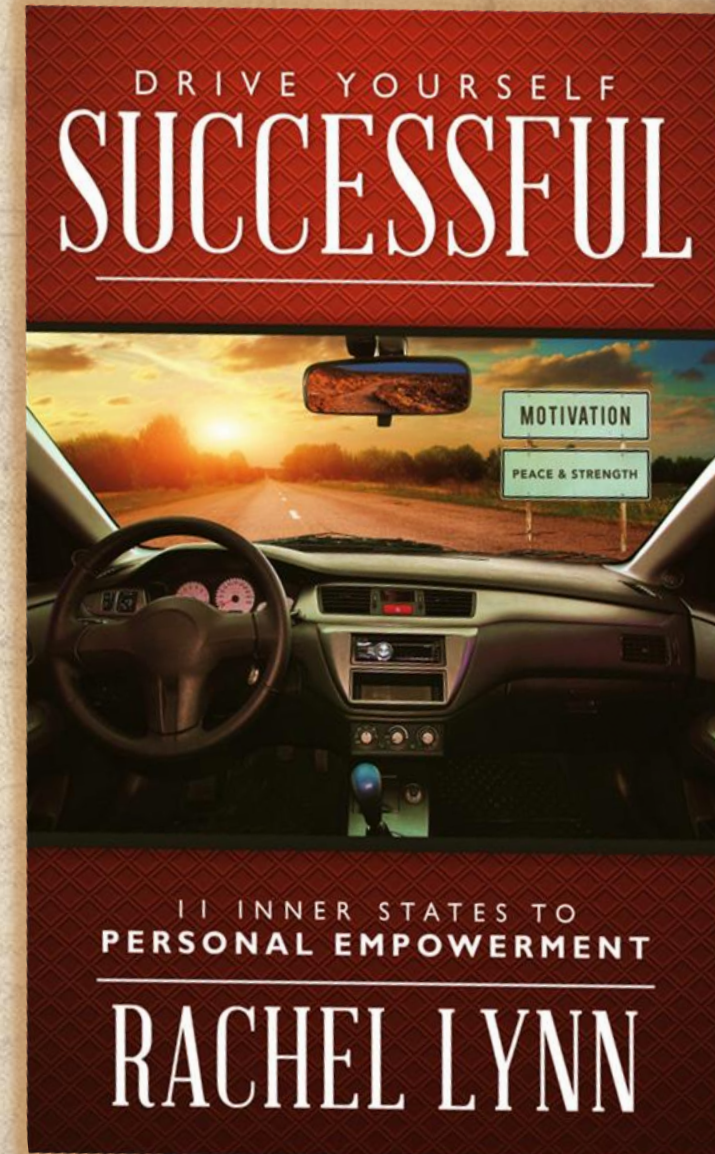
*KEYS TO EMOTIONAL WELL-BEING AND
SUCCESS FOR ENTREPRENEURS*



PRESENTED BY: RACHEL LYNN CARTER , LPC

THIS WORKSHOP WILL:

- Increase your understanding of the common emotional/mental health issues that entrepreneurs experience and introduce multiple ways to enhance your well-being
- Assist you in recognizing signs of distress, burnout, depression, and anxiety in yourself and others
- Promote insight as to how your thoughts and behavioral patterns may be draining your energy and reducing your productivity
- Teach you how to increase productivity without increasing work hours
- Help you to discover the power of mindset and its' impact on mental health and success
- Introduce you to Mindfulness and ways to incorporate this practice into everyday life
- Assist you in developing self-care strategies to increase your emotional energy, productivity, creativity, and well-being
- Take you on a journey of “Inner States to Personal Empowerment” that will give you the keys to drive yourself successful personally and professionally
- Inspire you to live life to the fullest



The background is a textured, aged parchment-like surface. It features faint, sepia-toned sketches of a large, ornate airship or blimp on the left and a long, slender dirigible or zeppelin on the right. In the lower center, there is a sketch of a large, round clock face with a smaller circular element above it. The word "INTRODUCTIONS" is centered in a bold, black, sans-serif font, with a thin red horizontal line underneath it.

INTRODUCTIONS

DID YOU KNOW.....

- **Mental health** encompasses emotional, psychological, and social well-being. It influences cognition, perception, and behavior. It also determines how an individual handles stress, interpersonal relationships, and decision-making.[1] Mental health includes subjective well-being, perceived self-efficacy, autonomy, competence, intergenerational dependence, and self-actualization of one's intellectual and emotional potential, among others.[2] From the perspectives of positive psychology or holism, mental health may include an individual's ability to enjoy life and to create a balance between life activities and efforts to achieve psychological resilience.[3]

https://en.wikipedia.org/wiki/Mental_health

- 72% of entrepreneurs are directly or indirectly affected by mental health issues compared to just 48% of non entrepreneurs, according to a study by the National Institute of Mental Health.

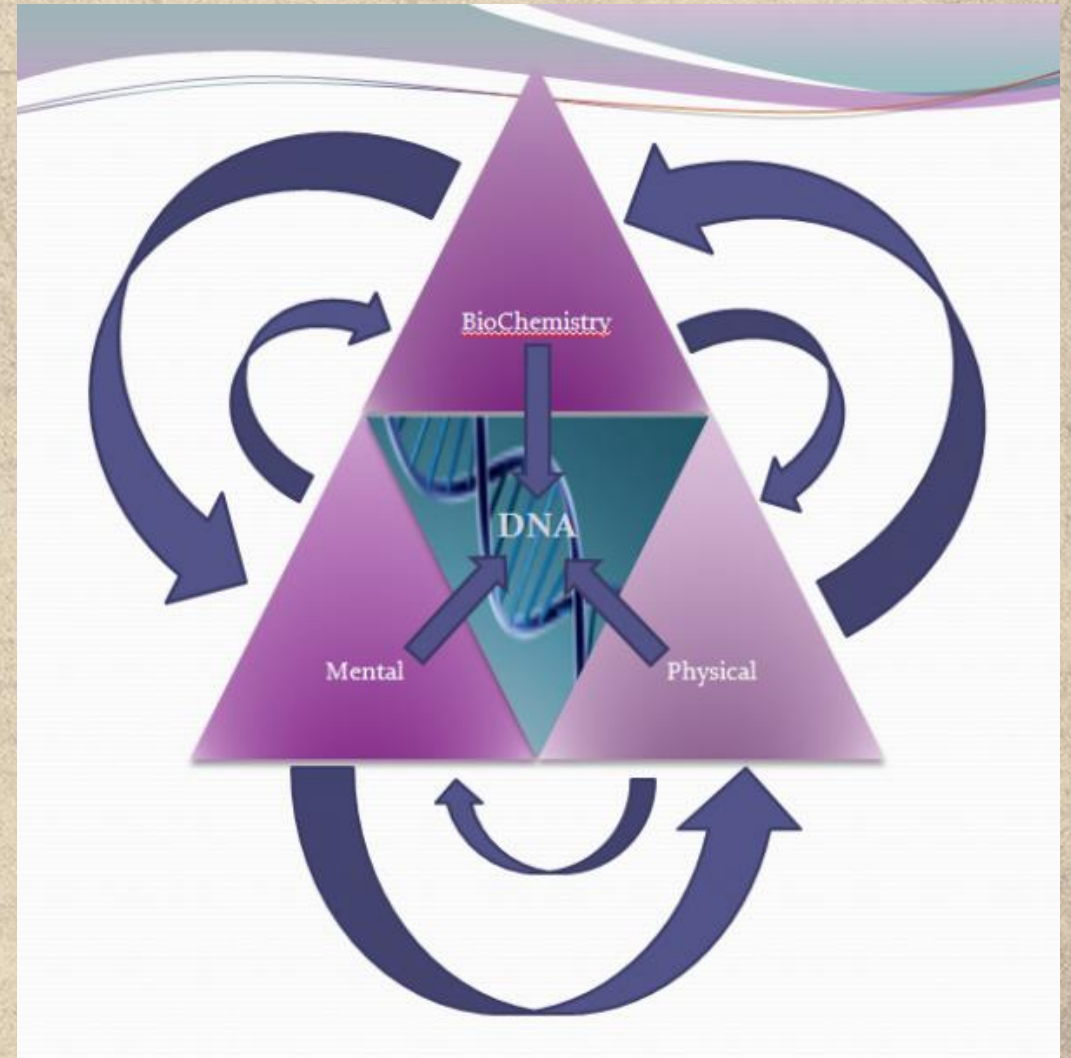
- Common mental health diagnoses of entrepreneurs include Depression, Anxiety, ADHD, Bipolar, and substance abuse issues



WHY IS IT IMPORTANT FOR ENTREPRENEURS TO MAKE THEIR MENTAL HEALTH A PRIORITY?

- Just as an athlete depends on his or her physical health being in top order to win, entrepreneurs — those at the forefront of the knowledge economy — depend on their mental health to propel them towards success.

Entrepreneurship: Mental Health, the Key to Founder Success | by MEST
[medium.com/the-gps/entrepreneurship-mental-health-the ...](https://medium.com/the-gps/entrepreneurship-mental-health-the-...)



STRESS

- Long-term stress overwhelms the body's fight-or-flight instinct, and increases the likelihood of feeling anxious and depressed, as well as impacting physical health.
- Entrepreneurs typically operate under high-stress conditions, making them more susceptible to mental health issues.

[https://
www.arabianbusiness.com/opinion/leading-from-the-front-the-importance-of-mental-health-to-
entrepreneurship](https://www.arabianbusiness.com/opinion/leading-from-the-front-the-importance-of-mental-health-to-entrepreneurship)

- Stress can be a **huge** factor in the success or failure of an individual's business. It's easy for entrepreneurs to get caught up in taking care of their business and forget about their own needs

[https://thriveglobal.com/The-importance-of-mental-health-when-you-are-an-
entrepreneur](https://thriveglobal.com/The-importance-of-mental-health-when-you-are-an-entrepreneur)



WHAT DO PEOPLE STRESS OVER?



HOW STRESSED ARE YOU?



TIPS FOR COPING WITH STRESS



- Re-balance work and home
- Build in regular exercise
- Eat well and limit alcohol and stimulants
- Connect with supportive people
- Carve out hobby time
- Practice meditation and/or yoga (Try a guided meditation at bedtime)
- Go to bed early
- Treat yourself
- Give yourself permission to rest—you are not wasting time!
- Take 5 minutes to just breathe
- Create a sacred space both at work and at home i.e., light a candle, calming décor, comfortable seating/lighting etc.
- Set boundaries with others
- Take a vacation
- Visit a counselor



DEPRESSION

SIGNS/SYMPTOMS

- Depressed mood most of the day
- Markedly decreased interest or pleasure in almost all activities
- Additional Symptoms: Clinically significant weight loss or significant increase/decrease in appetite
- Insomnia or Hypersomnia
- Psychomotor agitation or retardation
- Fatigue or loss of energy
- Feelings of worthlessness or excessive or inappropriate guilt
- Diminished ability to think or concentrate or indecisiveness
- Recurrent thoughts of death or suicidal ideation



BECK DEPRESSION INVENTORY (BDI)



TIPS FOR COPING WITH DEPRESSION

- Engage in physical activity--Going for a short walk, doing household chores, or anything that gets you up and moving counts.
- Get some sunlight/spend time in nature
- Set small goals
- Drink water
- Avoid alcohol and other substances
- Become aware of your thinking/perceptions and challenge them
- Talk to a counselor/doctor/or someone you trust
- Shift your attention to a good memory or happier thought—ruminating on negative events/experiences can sink your mood
- Reduce your stress—increased stress can increase depression



ANXIETY

- Excessive anxiety and worry (apprehensive expectation), occurring more days than not for at least 6 months, about a number of events or activities
- The individual finds it difficult to control the worry
- The anxiety and worry are associated with three or more of the following six symptoms:
 - Restlessness, feeling keyed up or on edge
 - Being easily fatigued
 - Difficulty concentrating or mind going blank
 - Irritability
 - Muscle Tension
 - Sleep disturbance
- The anxiety, worry, or physical symptoms cause significant distress or impairment in social, occupational, or other areas of functioning
- The disturbance is not attributable to the physiological effects of a substance or another medical condition



BECK ANXIETY INVENTORY (BAI)



TIPS FOR COPING WITH ANXIETY

- Identify your triggers
- Give yourself a reality check—is this an imminent danger?
- Deep breathing 4-2-6
- Identify your thoughts-- without jumping in the boat with them and having emotional reaction to everything you think
- Identify yourself as the thinker not the thoughts—become the observer of your thoughts
- Meditation
- Physical activity
- Talk to your doctor/counselor



BURNOUT

- <https://www.youtube.com/watch?v=MLuJ249WnkE>
- <https://www.youtube.com/watch?v=e372BTapmRY>
- Oftentimes, burnout and depression can mirror each other
- However, depression is a diagnosable mental health condition, whereas burnout is not.

<https://health.clevelandclinic.org/signs-of-burnout/>



PERFECTIONISM

- Perfectionism is often seen as a positive trait that increases your chances of success, but it can lead to self-defeating thoughts or behaviors that make it harder to achieve goals. It may also cause stress, anxiety, depression, and other mental health issues.
- Perfectionism is not the same thing as striving to be your best. Perfection is not about healthy achievement and growth.



Healthy Striving

IS SELF FOCUSED:

"HOW CAN I IMPROVE."

PERFECTIONISM

is other focused:

"What will they think."

- Brene Brown

SIGNS OF A PERFECTIONIST



Most people engage in perfectionism from time to time or in certain areas of life. People who are nearly full-time perfectionists may feel the need to achieve perfection constantly. They might also:

Not be able to perform a task unless they know they can do it perfectly.

View the end product as the most important part of any undertaking. As a result, they may focus less on the process of learning or completing a task to the best of their ability.

Not see a task as finished until the result is perfect according to their standards.

Procrastinate. People with perfectionism may not want to begin a task until they know they can do it perfectly.

Take an excessive amount of time to complete a task that does not typically take others long to complete.

PERFECTIONISM AND MENTAL HEALTH

- Perfectionism is generally known to have negative consequences on a person's mental health. Research show that perfectionism has a high correlation to:
 - Anxiety
 - Depression
 - Burnout
 - Obsessive-Compulsive Behavior
 - Suicide Risk
 - Eating Disorders



WHAT ARE THE 10 ENTREPRENEURIAL COMPETENCIES? HOW DO YOU RELATE TO THEM?



Opportunity
seeking

Persistence

Commitment
to work
contract

Risk-taking

Demand for
efficiency and
quality

Goal seeking

Information
seeking

Systematic
planning and
monitoring

Persuasion
and
networking

Self-
confidence

Take a break.
You deserve it!



MINDFULNESS



Mind Full, or Mindful?

ROLL CALL



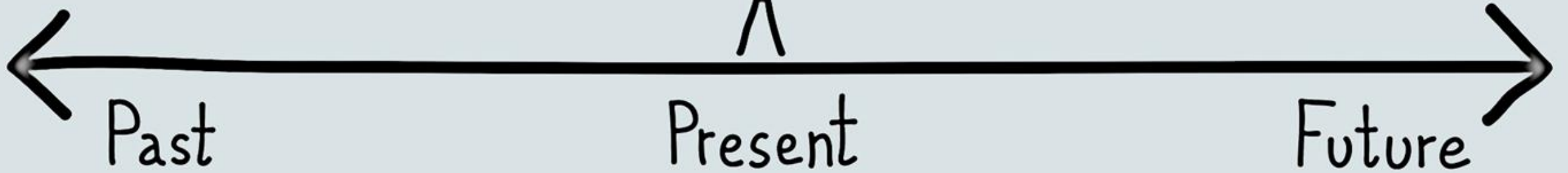
Wish



Your body is present.



Is your mind?



DOUG NEILL

PERHAPS YOU SAY TO YOURSELF THE FOLLOWING REGARDING MINDFULNESS OR MEDITATION:

- I can't sit still
- My mind won't stop thinking
 - I don't have time
 - Sounds boring
- I won't be any good at it
- That's not going to help

MINDFULNESS



- Mindfulness is not a religion and there is no necessary religious component to mindfulness - anyone, with any belief system, can enjoy the benefits of mindfulness.

- Mindfulness has its origins in ancient meditation practices. The founder of modern day Mindfulness is Jon Kabat-Zinn who founded the Stress Reduction Clinic at the University of Massachusetts Medical School in the late 1970's.



WHAT IS MINDFULNESS?

“Mindfulness is paying attention, on-purpose, in the present, and non-judgmentally, to the unfolding of experience moment by moment.”

~~~Jon Kabat-Zin





# BENEFITS OF MINDFULNESS

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- Recognize, slow down or stop automatic and habitual reactions.
- Respond more effectively to complex or difficult situations.
- See situations more clearly
- Achieve balance and resilience at work and at home
- Reduces stress & anxiety
- Increases quality of life
- Increases awareness
- Increases creativity
- Establishes balance
- Enhances physical and mental health

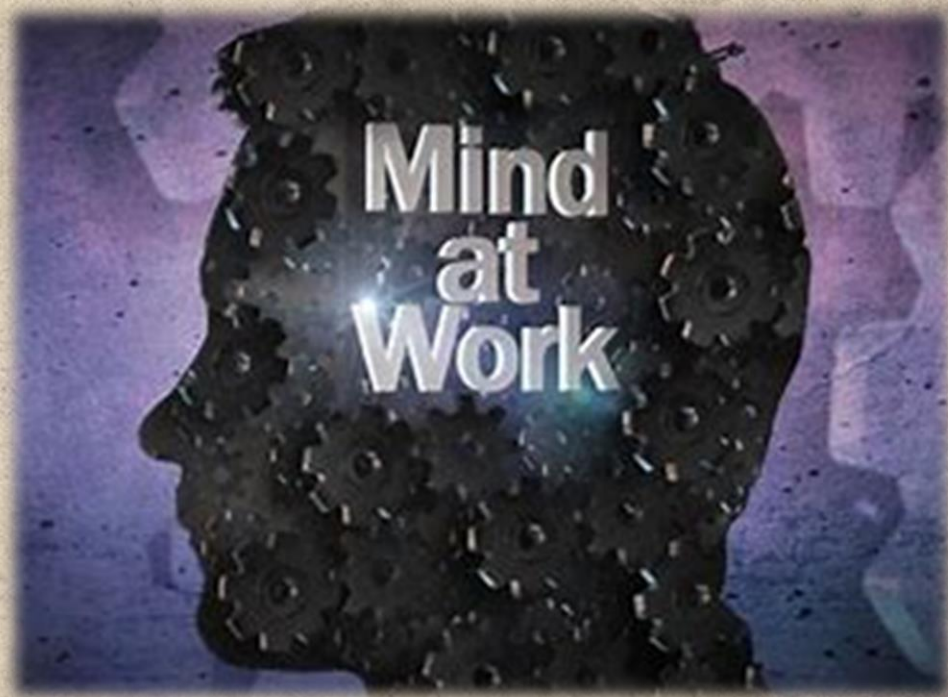




# mindfulness

"The ability to see what kind of urge or impulse is arising in your consciousness right now without taking the bait and acting on it"

[mindulocset.com](http://mindulocset.com)





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**MINDFULNESS IS CONSCIOUSLY  
CHOOSING TO BE AWAKE AND LIVING THE  
EXPERIENCES OF YOUR LIFE IN EACH  
MOMENT. IT IS THE OPPOSITE OF LIVING  
MINDLESSLY.**





# ARE YOU ON AUTOPILOT?

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Have you ever.....

- *arrived at your destination not remembering anything about your journey?*
- *started driving and ended up passing the turnoff to where you needed to go?*
- *started eating and realized you had nothing left and you didn't even taste what you ate?*





# **You need to get off autopilot, grab control of the wheel, and change course if you:**

**Feel professionally depleted and trapped**

**Work harder for less money and little thanks**

**Have a permanent feeling of uneasiness**

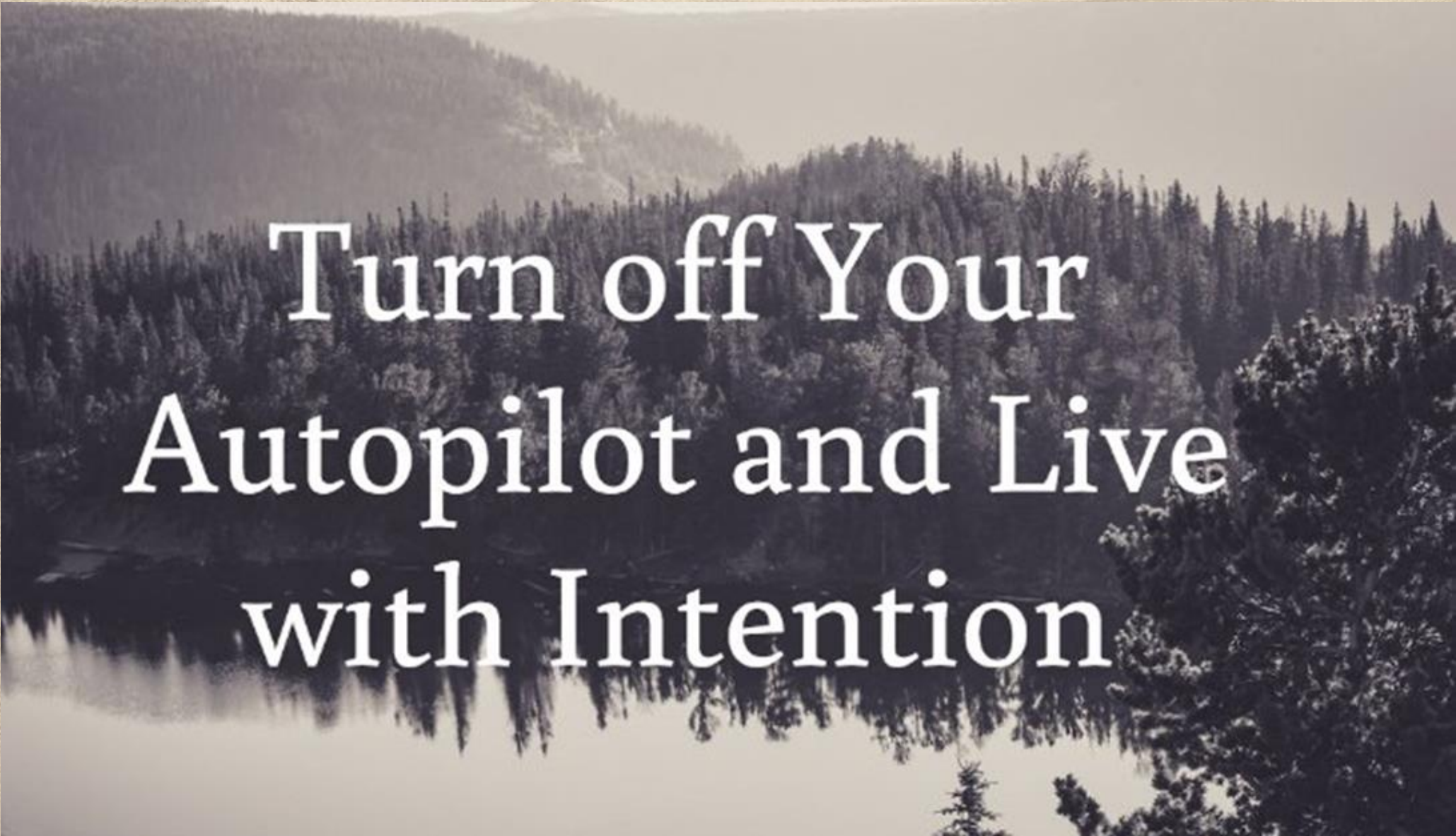


**Lost precious time with family and friends due to longer hours**

**Feel disconnected from your dreams**

**Have become apathetic to change**





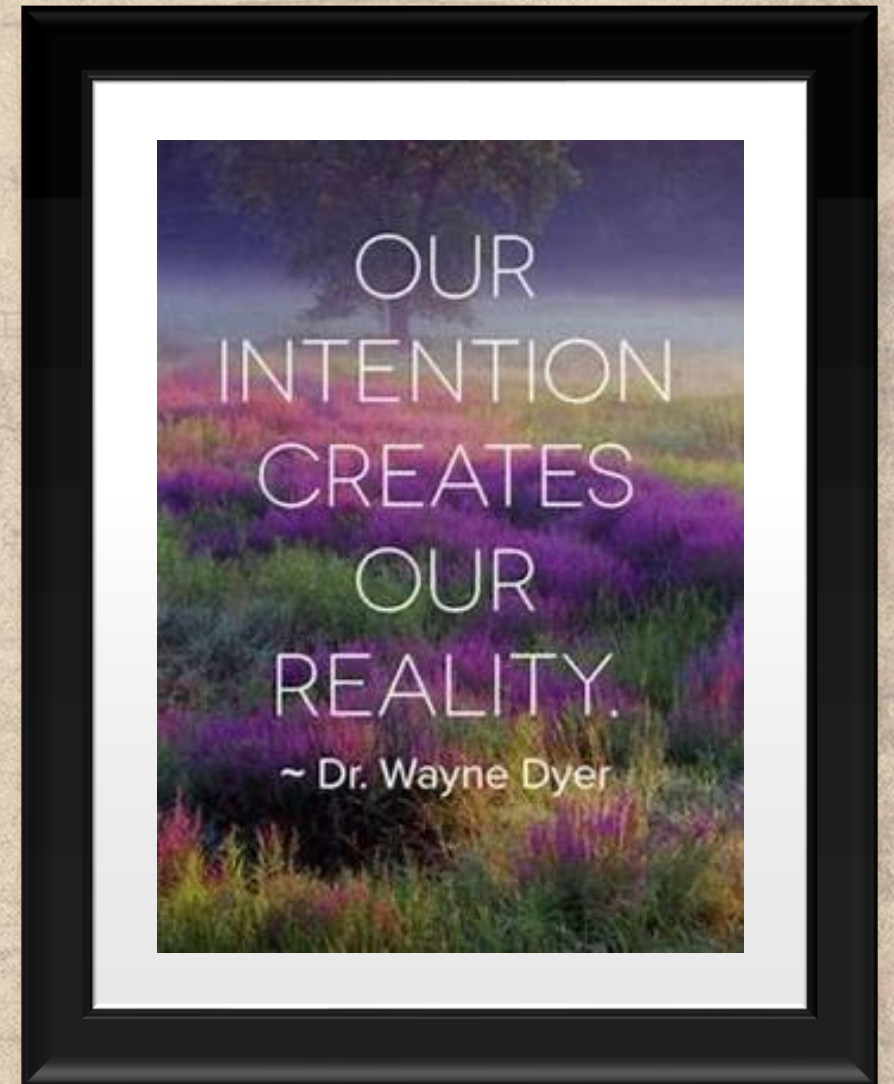
Turn off Your  
Autopilot and Live  
with Intention



# SUGGESTION:

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Wake up each morning  
and set an intention for  
your day





# THE ART OF *living intentionally*

EACH DAY TAKE TIME TO TOUCH BASE WITH YOUR

*mind*

learn something  
new, change  
your point of  
view, think  
with care

*body*

stretch, reach,  
extend, MOVE,  
be mindful  
about what you  
choose as fuel

*heart*

be thankful for  
the love in your  
life, give out  
more than  
you get

*soul*

take time each  
day to find a  
moment in all  
the chaos, and  
just breathe

KNOW WHERE YOU ARE HEADING

*and head there with determination & resolve*



whatever you **choose** to do,  
**embrace it**, commit fully to it



ELSE, WHY ARE YOU DOING IT AT ALL?

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# THE STOP TECHNIQUE

A SIMPLE EXERCISE TO BRING THE BODY  
AND MIND BACK INTO BALANCE

- S = Stop
- T = Take a Breath
- O = Observe
- P = Proceed





# TAKE A MOMENT TO.....

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- Draw your attention to your breathing
- Notice the sounds
- Notice the temperature
- Notice how your body feels sitting in your chair
- Notice how your feet feel on the floor
- Notice how you are feeling
- Observe your wandering thoughts and simply let them go





# MINDFUL BREATHING EXERCISE

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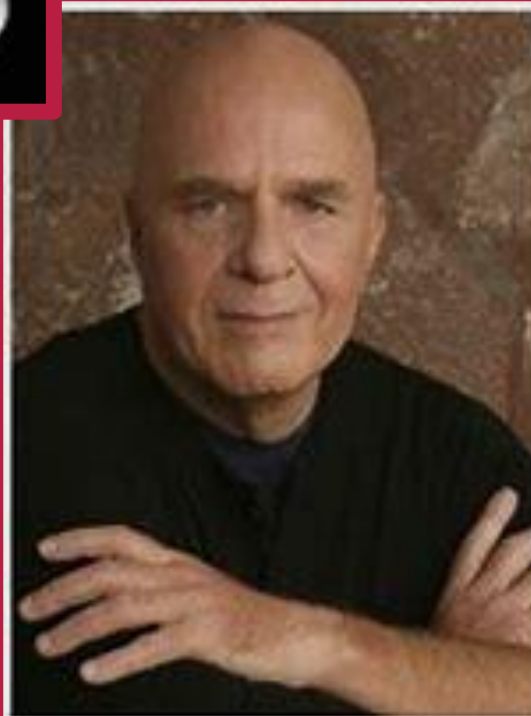
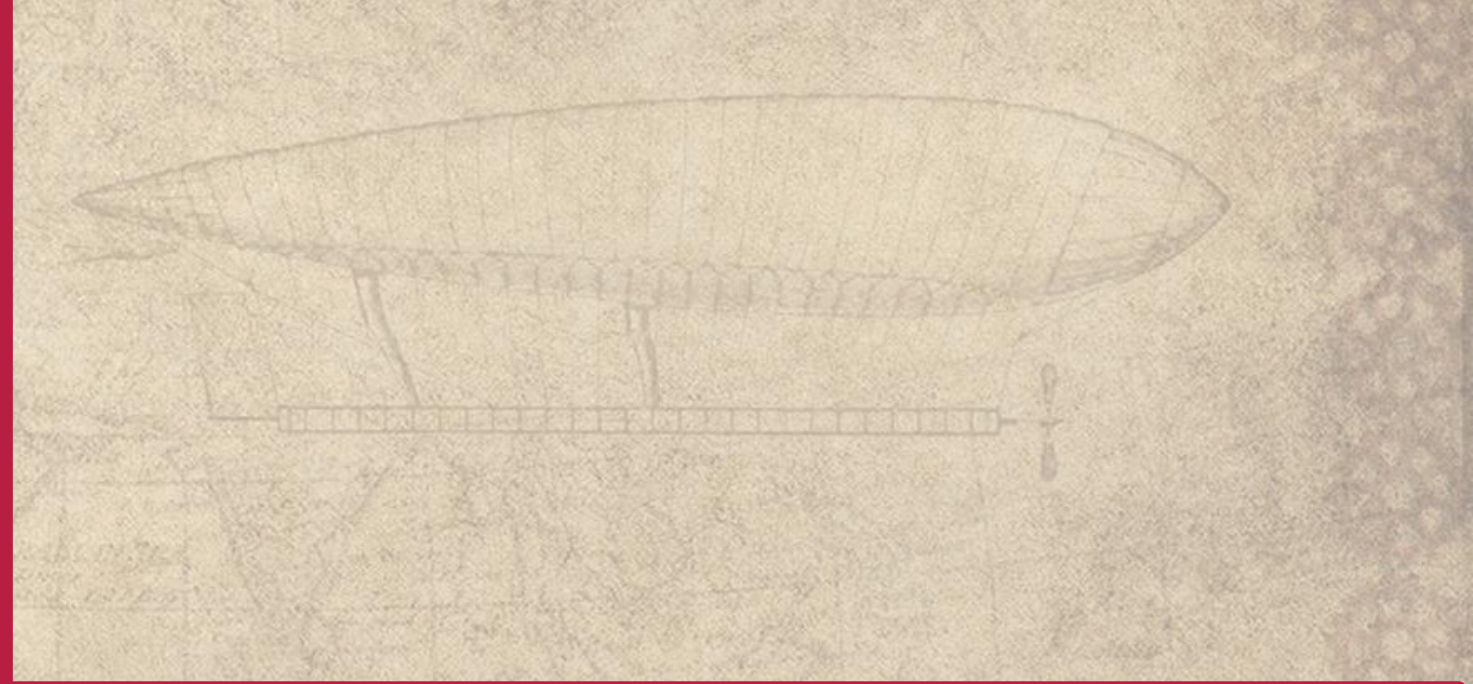
# BRINGING MINDFULNESS INTO YOUR BUSY LIFE

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- Any way that works for you
- Your drive to work
- Your walk to your building
- In the “mundane” daily tasks
- In the shower
- While you are cooking/eating
- Waiting in line
- Spend at least 5 minutes each day doing absolutely nothing







I am a human being, not a human doing. Don't equate your self-worth with how well you do things in life. You aren't what you do. If you are what you do, then when you don't., you aren't.

— Wayne Dyer —

AZ QUOTES



“When you step into the Now, you step out of the content of your mind. The incessant stream of thinking slows down. Thoughts don’t absorb all your attention anymore, don’t draw you in totally. Gaps arise in between thoughts---spaciousness, stillness. You begin to realize how much vaster and deeper you are than your thoughts.”

~~~Eckhart Tolle





CHALLENGE #1

- Make a conscious effort to slow down for fifteen minutes each day
- Use this time to cultivate a positive and enduring memory—perhaps taking a walk, giving your body rest, meditating, taking a mindful walk, savoring food, etc.
- Use slow-down time to immerse yourself in whatever experience you are having—washing dishes, clearing clutter, taking a shower.
- Engage in whatever experience you are having with a sense of ease and full awareness.

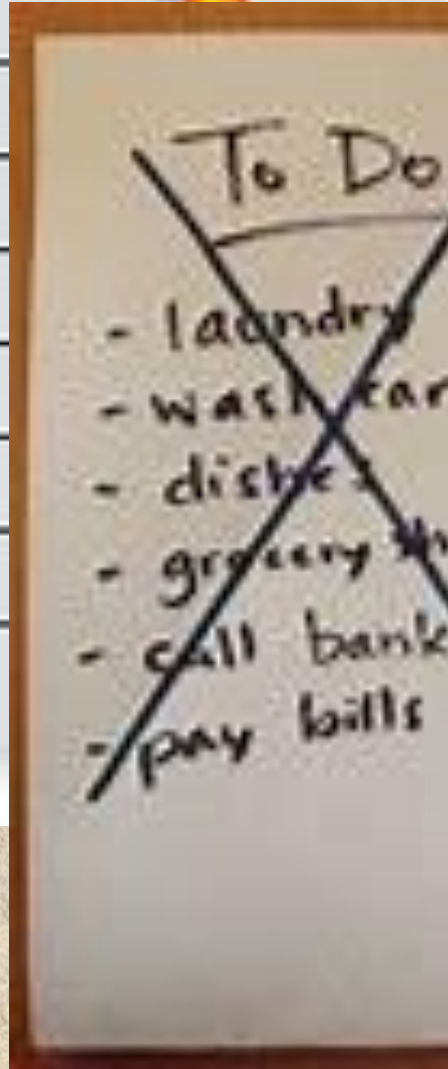


CHALLENGE #2

- Unplug yourself
- Devote time each day to turning down the volume on electronic devices in order to be present with what is
- Let yourself sit for a few minutes with no agenda
- Listen for the silence that is present between your thoughts
- Let your mind take a rest and be blessed with its true nature

To Do List:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



1. loving (including to myself)
2. courageous
3. forgiving (while learning)
4. open minded
5. hopeful
6. patient
7. happy

Before you write your "to do list" write your "to be list."
from "The Bounce Back Book" by Karen Salmansohn

© notsalmon.com

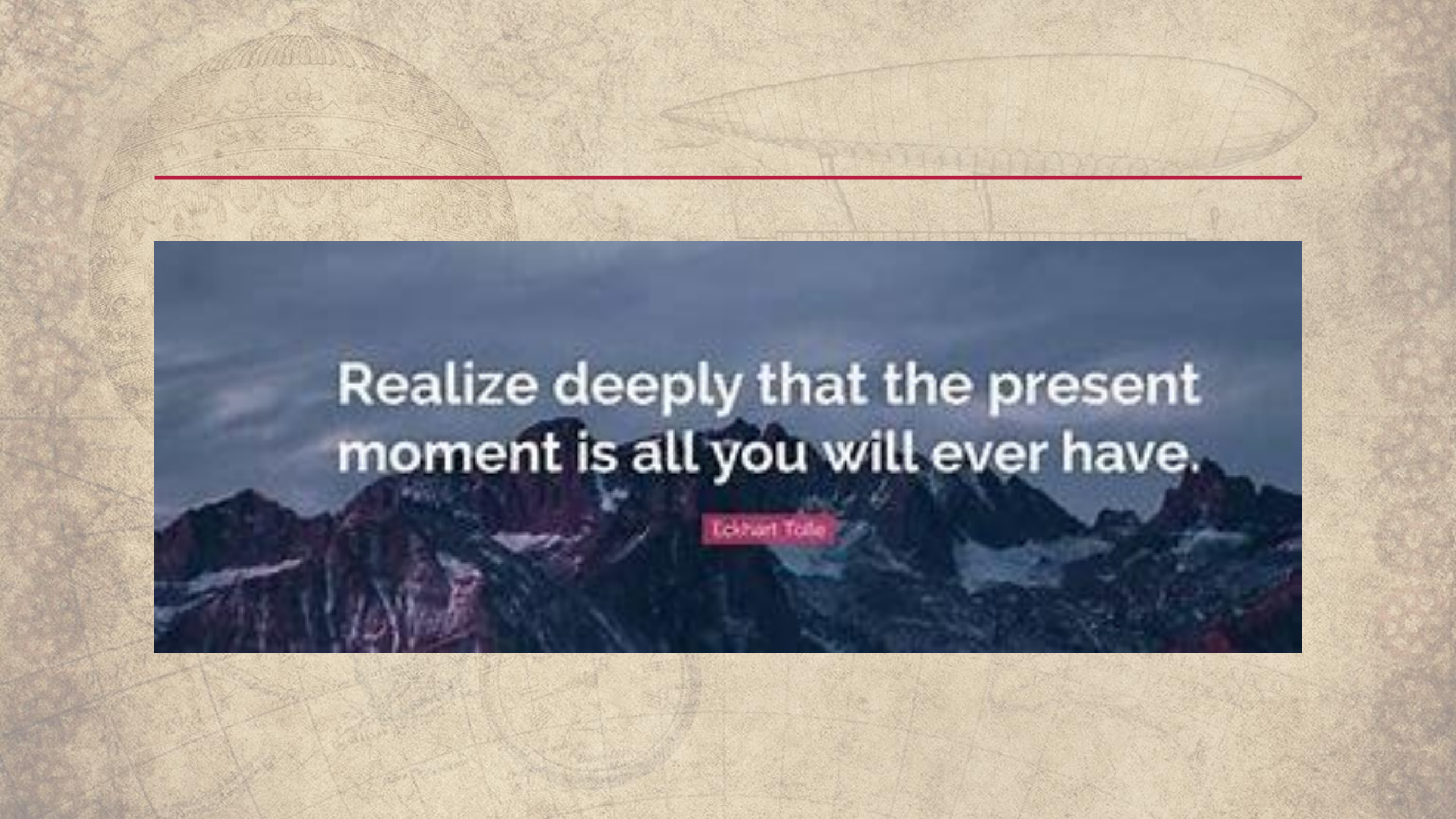
WHAT WOULD BE ON YOUR “TO BE” LIST?

Ignore your “To Do” list for a day and

Create a “To Be” list



Spend the day being all the things on that list.

The background of the entire image is a textured, light brown surface with faint, hand-drawn sketches. On the left, there is a sketch of a dome with intricate patterns. On the right, there is a sketch of a blimp or airship. A thin red horizontal line is positioned above the central text box.

**Realize deeply that the present
moment is all you will ever have.**

Eckhart Tolle

THINK OF LIFE LIKE A GLITTER BALL





WALK SLOWLY— BY DANNA FAULDS

*It takes only a moment to breathe,
A moment to be still, and just like that,
something in me settles, softens,
makes space for imperfection.*

*The harsh voice of judgment drops to a whisper and
I remember again*

*that life isn't a relay race, that we will all cross the finish line, that waking up to life is what
we were born for.*

*As many times as I forget,
catch myself charging forward
without even knowing where I'm going,
that many times I can make the choice
to stop, to breathe, and be,
and walk slowly into the mystery.*



MOUNTAIN MEDITATION



<https://www.youtube.com/watch?v=gW5CDMnLMMg>

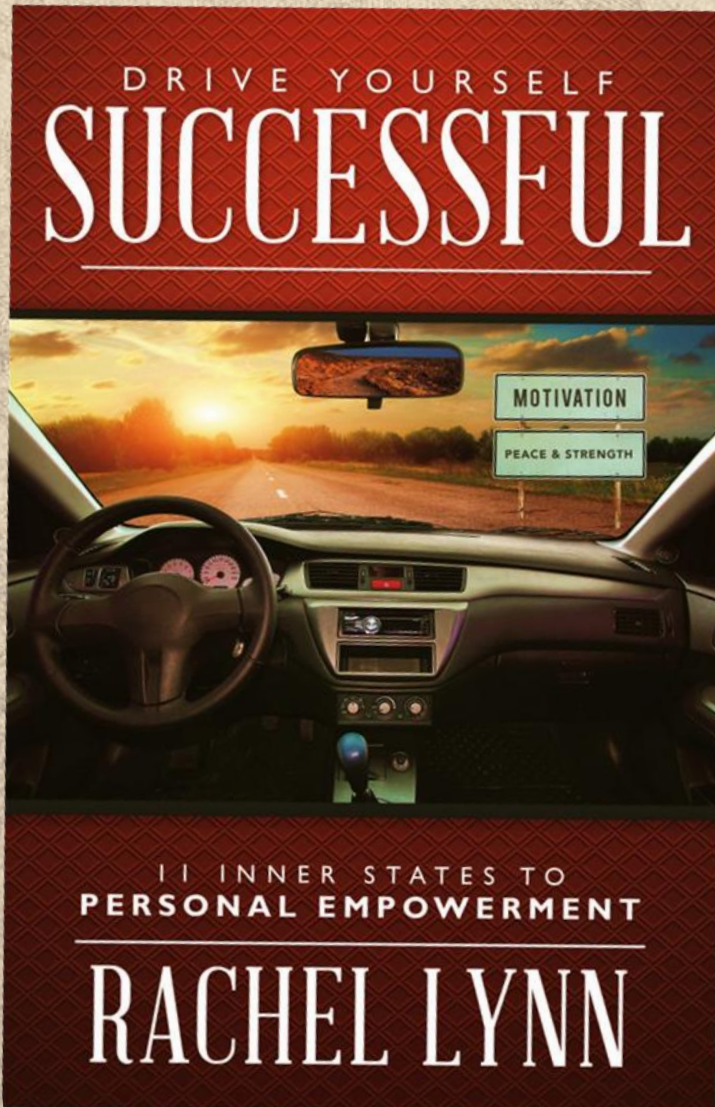
MAY YOU SAVOR EVERY MOMENT AND BE
PRESENT IN YOUR OWN LIFE.





**TIME
FOR A
BREAK**

DRIVE YOURSELF SUCCESSFUL: 11 INNER STATES TO PERSONAL EMPOWERMENT



The background is a textured, aged parchment-like surface. It features faint, sepia-toned illustrations of a hot air balloon on the left, a blimp in the upper right, and a compass rose in the lower center. A thin red horizontal line is positioned above the main text.

ENVISION THIS....

A photograph of the open trunk of a blue car, packed with various items. A green bicycle is visible on the left side. A large black bag is on the right. A red bag is in the center. A blue and white striped bag is on the left. A hat is on top of the red bag. Other miscellaneous items are scattered throughout the trunk.

WHAT SHOULD BE STORED IN YOUR TRUNK?



JUMPER CABLES



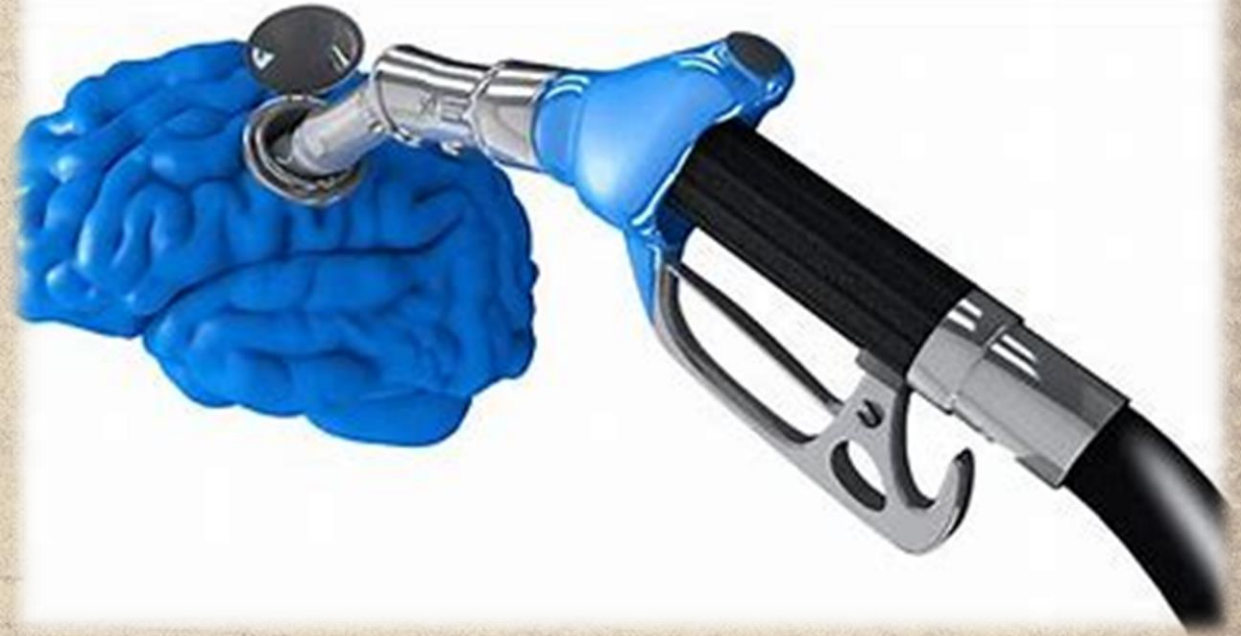
DUCT TAPE



USE THE RIGHT FUEL



The type of fuel you use determines how smooth and efficient your car runs and directly impacts your drivability. In life, what you fuel yourself with directly influences health, emotional well-being, success, and overall physical and mental functioning.

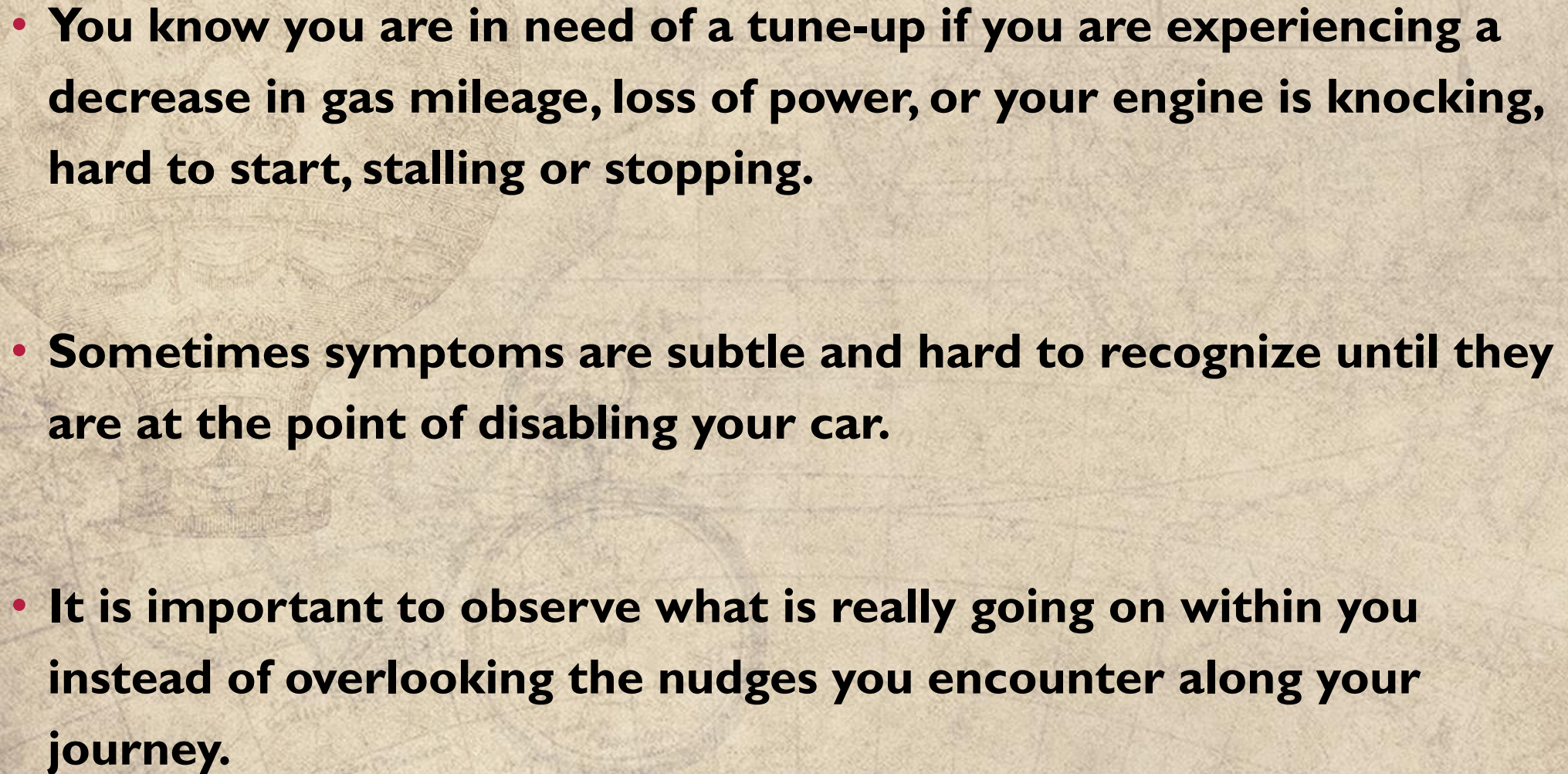


TYPES OF FUEL PEOPLE RUN ON

- *Thoughts and Self-Talk*
 - *Food*
 - *Substances*
 - *Self-Care*
 - *Gratitude*

GIVE YOURSELF A TUNE-UP



- 
-
- **You know you are in need of a tune-up if you are experiencing a decrease in gas mileage, loss of power, or your engine is knocking, hard to start, stalling or stopping.**
 - **Sometimes symptoms are subtle and hard to recognize until they are at the point of disabling your car.**
 - **It is important to observe what is really going on within you instead of overlooking the nudges you encounter along your journey.**

- **Engine Won't Start**
- **Engine Starts but Stops**
- **Rough Idle**
- **Poor Acceleration**
- **Knocking**
- **Power Loss**



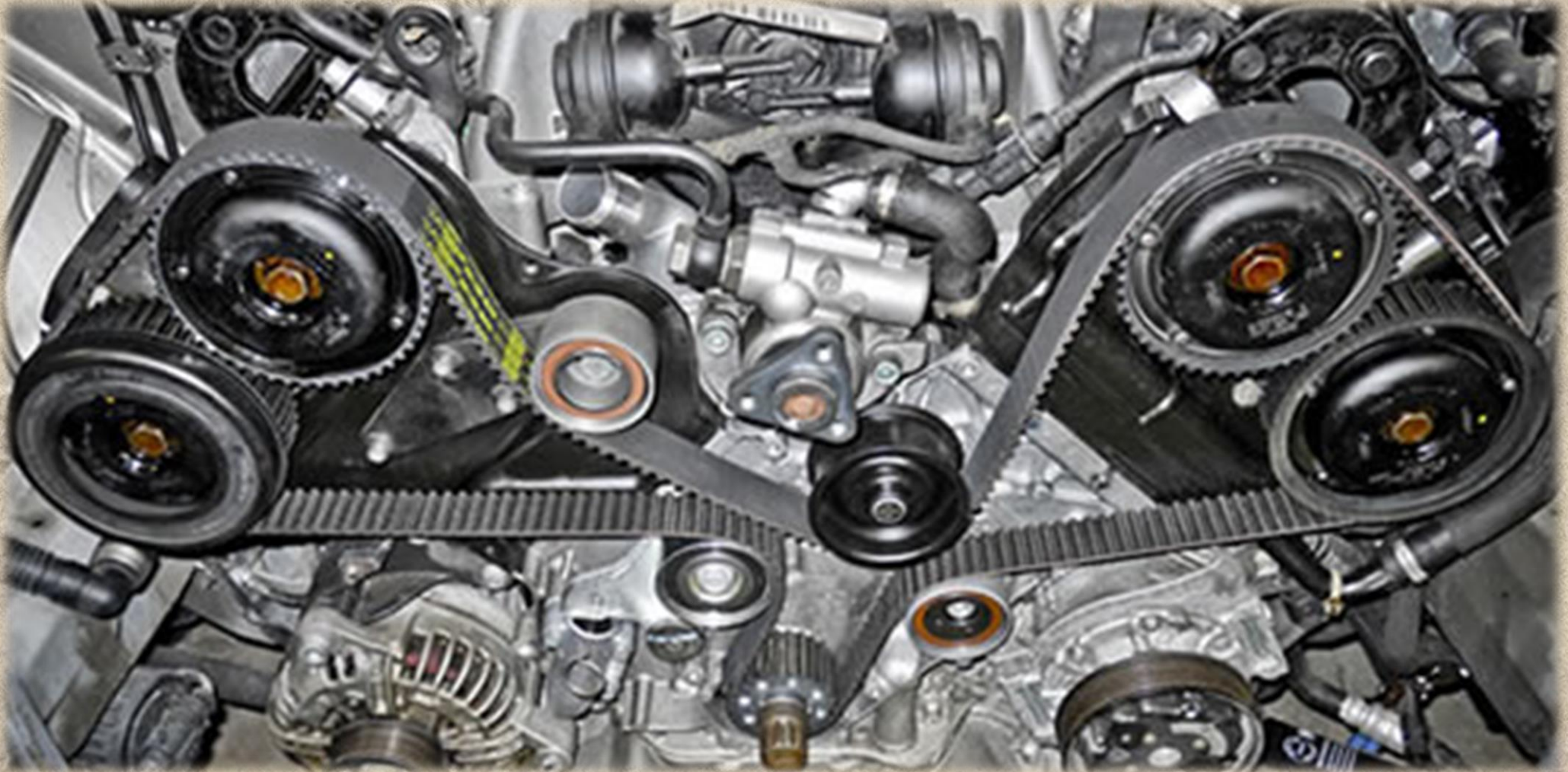
ENGAGE IN REGULAR MAINTENANCE







TIMING BELT



IGNITE YOUR SPARK



TROUBLESHOOTING:

WHAT CAUSES PEOPLE TO LOSE THEIR SPARK?

- Too much driving at low speeds or idling for a long time
- Oil leaking into cylinders
- Poorly adjusted or worn valves
- Engine overheating
- Gap is too wide
- Incorrect timing



IGNITING YOUR SPARK

- **Replace the Plugs**—pull the plug on self-destructive thought patterns
- **Clean all debris from around the plug**
- **Live your passion**-what brings you the most joy?
- **Develop a clear vision** of what you want, fuel yourself with positive affirmations and faith to achieve it, and accelerate in the direction you have mapped out for yourself.



DEVELOP AND MAINTAIN CLEAR VISION



STOP BLOWING SMOKE



RECOGNIZE DETOURS AS OPPORTUNITIES



STAY IN YOUR LANE



- When our attention shifts to what's going on in someone else's lane, we tend to swerve, run off the road, become distracted from our own path, and potentially end up spinning out of control.

HOW DO YOU ENSURE THAT YOU DON'T BECOME DISTRACTED BY WHAT IS GOING ON AROUND YOU?

FOCUS-When driving, it is important to focus ahead. If you only focus on the car in front of you, you will end up a follower. Look ahead to the horizon.

CHECK YOUR ALIGNMENT-A sure sign your car is out of alignment is when it pulls to one direction and causes you to be unable to stay centered in your lane. If you feel you are being pulled in the wrong direction, its time to assess how well you are aligned with what you want. Alignment is keeping your thoughts positive, envisioning the outcomes you desire, maintaining the unswerving belief that you will accomplish your goals, and seeing yourself at the finish line.

SET AND KEEP YOUR BOUNDARIES- Stop picking up hitch-hikers if you don't want them to be part of your journey. Not setting boundaries can ruin a very important relationship—the one you have with yourself. You teach people how to treat you, and if they can't see your boundaries they'll run over you.

ADJUST YOUR FREQUENCY



MAKE A **“YOU TURN”** TO FULFILL YOUR INNER DRIVE



TAKE THE WHEEL AND DRIVE YOURSELF SUCCESSFUL



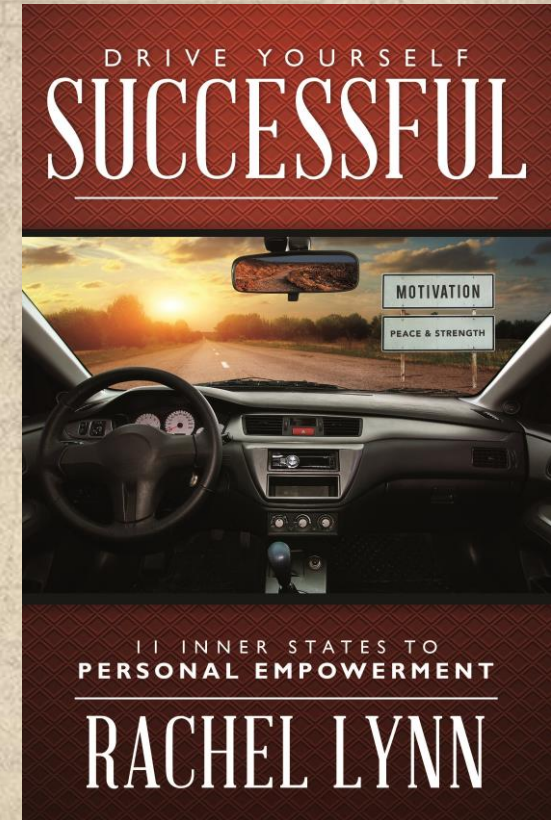
LET'S CONNECT



Rachel Lynn



Rachel Lynn



Cost: \$20.00

Email: Rachellynnspeaks@outlook.com