

# Wellness for the Business Owner



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If you're like me, you might find running your business a tad stressful. Maybe you're getting headaches from long hours in front of the computer. Maybe you can't fall asleep at night because your mind is on overdrive. Maybe you're so strung out that you can't stay focused on current tasks. These are all common presentations of stress. When you're stressed, you're obviously not playing your best game. As a result, your business, as well as other areas in your life, can suffer.

There are several options to choose from when handling these issues naturally. Assemble yourself a team of wellness care professionals. You should have a chiropractor; massage therapist, acupuncturist, personal trainer, nutritionist, and therapist in your corner. This team will keep you operating mentally, physically and emotionally at your best. In turn, you will be able to run your business without stress-related issues holding you back.

Chiropractics can keep your spine in alignment and subluxation-free, and allow the nervous system to perform properly. This means it will help the body adapt to physical, chemical and emotional stress. Massage therapy kicks on your parasympathetic nervous system, gives the body's circulatory system a rush, and nourishes the brain and visceral organs. This will help with insomnia, indigestion, mental clarity and headaches caused by stress. Acupuncture can reduce your stress level by removing the obstructions in your energetic channels. These obstructions present in forms of various types of pain, lack of focus, low energy, or trouble sleeping. A personal trainer can help hold you accountable to an exercise program, and teaching you correct body mechanics while working out. A regular exercise program will keep your metabolism high, your blood pumping, and endorphins flooding your system. Nutritionists can teach you how to avoid the unhealthy foods that can leave you sluggish and unmotivated. A balanced diet can give you the energy and mental clarity to help you stay on top of your business. A therapist can give you an appropriate outlet for pent up stress, as well as exercises to better deal with stressful situations.

As a business owner, these tools can help you avoid letting stress and stressful situations get the better of you. Having a team help you relieve stress and the symptoms that come with it not only gives you the ability to focus on your business, but allows you to live a healthy life outside the office.

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