

Relaxation Strategies for Online Business Mums (Even if you only have 2 minutes)

2 Minute Strategies:

- Take some deep breaths and blow it all out
- Have an extra long shower
- Go to the toilet & close the door!

5 Minute Strategies:

- Meditate (guided or listen to music, or just sit)
- Take a cup of tea outside and watch the world go by
- Stay in bed for a few minutes and take some time to think about your day. Don't rush to get up - start the day in the way you want to continue!

15 Minute Strategies:

- Go for a walk
- Water the garden
Extra bonus: listen to music as you go
- Search Youtube for "15 minute sleep Yoga"
Check out this one from Tara Stiles

20-30 Minute Strategies:

- Meditate using apps like Calm, Omvana, or Headspace
- Listen to the Spotify playlists: Sleep, Guided Meditation, acoustic mornings...so many to chose from



Aerie Wildy has a Diploma in Life Coaching (Health & Wellness) and Coaches Online Business Mums in Balance, Self Care, Productivity and Time Management.

She recently launched the Freedom Framework - an Information Management System that saves time, and keeps everything in ONE place and covers business, family and personal information, plus over 30 templates.

From Burnout to Balance and Make Life Easier are her coaching packages.
Find out more at www.aerliewildy.com



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