

## Maintaining a Healthy Work-Life Balance

Claudine Land:

Hello, and welcome to The Virtual Ingenuity Business podcast. We have an exciting guest this morning, and we're going to talk about maintaining a healthy work-life balance. I know that you all can relate to me on this one.

Claudine Land:

Sarah is a motivational and an inspiring speaker, and has been on a journey of natural healing for many years. Before becoming a motivational speaker, Sarah received her Bachelor of Arts degree in Special Education in which she was an educator for over 25 years. Kudos to her for that. That takes a lot of care, hard work, and passion. Dedication, for sure. Besides being an educator, Sarah has been teaching individuals to have balance in their lives, create a healthy lifestyle, and provide various effective ways to manage stress.

Claudine Land:

We're going to have a really in-depth conversation this morning, because I'm interested, too, in how to manage stress and live a healthy long lifestyle. Sarah wants to share her strategies with you all, her knowledge and her technique with others, and believes that by showing individuals how to achieve optimum health, she can make a profound difference in their lives. So, guys, listen up closely. Welcome Sarah. How are you today?

Sarah Reinholtz:

I'm doing great. Thank you so much.

Claudine Land:

You're welcome. It's great to have you on the podcast today.

Sarah Reinholtz:

Thank you. I'm very excited to be here.

Claudine Land:

I'm very excited to have this conversation with you. So again, we're going to talk about maintaining a healthy work-life balance. I actually wrote an article, Sarah, on this on Virtual Ingenuity's Insights page and provided specific tips on prioritizing your time and simply just doing what you love. So, guys, be sure to check out that article on our Insights page: <https://virtualingenuityllc.com/maintaining-a-healthy-work-life-balance/>

Claudine Land:

I know that for business owners, it's not that easy and it's quite challenging to do so, and I'm referring to having that work-life balance. Especially if you are a business owner and you have children, you have a husband, there's a lot there to juggle. So, let's discuss self-care, Sarah, because many people feel that self-care is synonymous with self-indulgence and being selfish. So, what exactly is your definition of healthcare? I'm sorry, for self-care.

Sarah Reinholtz:

Yes. A lot of people do think it's self-indulging or selfish. But for me, self-care is really putting yourself first. Even though you have a family, you have a husband, you have a lot of other people that you take care of, if you don't fill your cup, you're not going to have much to give. That's why it's so important to make yourself the priority, and it's really not selfish because you need to do that for your own health, and for your own wellbeing. For you to be able to have the energy to give to everybody in your life, you need a lot of that. I have my own family and children and I know what it's like. I've been there, done it. If you don't, you're going to feel stressed, you're going to feel depleted, and you're not going to have a lot to give. So, it's so important to make yourself the priority.

Claudine Land:

That's right. I agree with you on that. To me, self-care is taking steps to tend to your physical and emotional health needs to the best of your ability. Not needs that somebody else may say you need, but rather what you need to do to the best of your ability. The World Health Organization defines self-care as this, the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and cope with illness and disability with or without the support of a healthcare provider.

Claudine Land:

It's really interesting, Sarah, because Google Trends stated that the number of searches for "self-care" has more than doubled, more than doubled within the last 10 years. What does that tell you? This is something that, it's on our minds, but I don't think that a lot of us, especially business owners, and women, know how to self-care. As women, we're always juggling things. We're always taking care of the kids, taking care of our husbands, and multitasking. Self-care is how can we better cope with our daily stressors? Would you agree?

Sarah Reinholtz:

Absolutely. Definitely. By putting yourself first, by taking care of yourself part of the time, you're able to deal with those stressors. I know one of the things we were going to touch upon is, who was your role model? Maybe I can go into it now.

Claudine Land:

Sure.

Sarah Reinholtz:

I had a wonderful role model. My mom, may she rest in peace, she was the best role model. She taught us how to take care of ourselves. I could still hear her saying, "Slow down, take care of yourself." She would always say, "Rest, eat right, get enough sleep." I remember her saying it and it comes back to me all the time, and I learned it naturally because I saw it by example. She was my role model. She would do those things that she recommended. She also did all the home cooking. We ate from the garden. We didn't go to doctors. We did a lot of home healing, and natural healing, when we didn't feel well. We just did more healthy foods and natural herbs and things that would help to heal naturally because drugs have side effects. So, we didn't want to do drugs unless we absolutely had to.

Sarah Reinholtz:

She was a great role model. A lot of women, I find, do not have that role model, so they have to learn. That's where I come in. I show them how to get started. Sometimes I feel I have to give women permission to say, "You know you're important. You deserve this. It's important for you. It should be important, and I encourage you to do it because if you don't, it's hard for you to do the other things that you need to do in your day."

Claudine Land:

That's right. I'm from Jamaica, so I too had that role model of watching my mom, she's still living, and my grandmother is no longer living. However, we didn't rely on medicine. We would really just pick a bush in the garden and boil it and drink it to make tea. We drank a lot of tea, being from Jamaica. We were raised in the British system, so hot tea even in 100-degree weather is something that I saw my mom and grandmother do. That was their way of relaxing, and they sat alone and just drank tea and it really helped them a lot.

Claudine Land:

I think that when self-care is regularly practiced, the benefits are broad. It's even been linked to health outcomes such as reduced stress. It helps your immune system. It increases productivity. Don't we all want to be productive every day? And, higher self-esteem as well.

Sarah Reinholtz:

Absolutely. I was going to talk about how exercise is so important for reducing stress and raising your endorphins. You feel so much better and more positive and uplifted. Then, you could go ahead and do all the other things that you need to do. You don't need to exercise an hour or two. 20 minutes, half an hour, three to five times a week is what I do and I've managed to stay in good health and doing those things by exercising and taking time to relax and de-stress. It's also important to just shut out the world for at least five minutes or 10 minutes. Put away your phone, put away all the technology, close your eyes and just relax and just forget about everything. Just breathe deeply and just relax, because we need to de-stress. We live in a very fast-paced world and very stressful. Especially now, it's a pandemic. Even more than ever, and it's so important even for just a few minutes a day, just to find some peace and quiet is so key.

Claudine Land:

Sarah, you said a key point. Five minutes. I think a lot of us think that we need 30 minutes. We need an hour. We need to go to a spa. We need a massage. It takes two hours to drive to a massage therapist and get our message, and get our nails done. It doesn't have to be that wrong. It could be five minutes of just stopping, turning off our computers, resetting our emails to come through maybe 30 minutes later or five minutes later, and just shutting everything off and taking deep breaths. Right?

Sarah Reinholtz:

Absolutely. Another thing I've suggested is if you're sedentary and you're sitting down working all the time in front of your computer, every hour, it is so important to get up and move around because it affects your whole, the way you feel. It affects your immune system because if you're not moving your muscles, your system that supports your immune system does not help you to stay healthy. The lymphatic system is what is connected to your muscles and if you're not moving, the lymphatic system will not help your immune system. So, it's a process of moving those muscles and supporting your immune system. So even if you're home, get up for a couple of minutes or however long you could do it.

Just stretch and move around and that really will help your immune system also and help you feel less stressed.

Claudine Land:

Great point. Sarah, thank you for that. Now I know that there are also different categories of self-care. Emotional self-care is something like a self-talk or weekly bubble baths or saying no. Saying no, guys is great for your social self-care.

Sarah Reinholtz:

That is so key. Yeah. I agree. I totally agree with you.

Claudine Land:

Yes. Because sometimes when you say yes to things that you really want to say no to, it really just causes unnecessary stress, right?

Sarah Reinholtz:

It does. Then, you're taking on more than you could chew and you already have a lot going on. If you don't want to say yes, then don't. You have to draw a line and say, "This is too much for me. I can't do it. It's just not worth my health and my wellbeing."

Claudine Land:

It's okay.

Sarah Reinholtz:

It's okay to say no. It really is.

Claudine Land:

Now the other type of self-care, the other category is physical self-care. Physical self-care can mean just something simple as you were talking earlier about prioritizing your sleep and adopting an exercise routine.

Sarah Reinholtz:

Yeah. It could be 15-20 minutes of taking a walk, it could be swimming, it could be yoga, or anything that you like. Find something that you like because then you'll want to do it and you look forward to it. It's important to write it in your calendar, and that's where intentions come in. If you want to change something or incorporate something new, you got to write it in your calendar. If you have a physical calendar or your phone, write it down, let's say, three times a week for 20 minutes at 9:00 or whatever time. That's what you're going to do from 9:00 to 9:20, let's say. If that's all you can do, that's a good start.

Sarah Reinholtz:

Making the intention and writing it down, that's the name of a book, by the way, Write It Down, Make It Happen. That's another topic. But I have used that book and it's so helpful, because if you want to start something new and you writing it down, it's very powerful. Just saying it is not enough. It's not tangible. But if you see it and you write it and you hear yourself, then you're more likely to make that change.

Claudine Land:

It's just, Sarah, like writing down your goals. It's really rarely going to happen unless you write it down and you have one calendar. I've stated this before. You do not have a business calendar or a personal calendar. They're all one. You only have one life. You have one calendar, business and personal. It's the same calendar. So, you write down when your 10, 15-minute, and five-minute breaks are on your calendar because it makes you realize, "Oh, I need to take a break."

Sarah Reinholtz:

That's right. That's right. It helps you to incorporate both, your personal and your professional life.

Claudine Land:

Yes. So, the other type of self-care could be spiritual self-care. That means maybe attending a religious service, spending time in nature, or even meditating, if you like to meditate.

Sarah Reinholtz:

Yes. Yeah. That's a big part of it and I encourage people to do that. Like I said, if you don't have a lot, just meditate for five minutes and do deep breathing whenever you feel stressed. Just take a deep breath a few times, and that really helps me, so try that.

Claudine Land:

Great.

Sarah Reinholtz:

Yeah, definitely helps you connect with nature if you could go out and take a walk. I do that as much as I can. Then, you're getting that exercise and the endorphins, again, rise and you feel good after that. Then you're ready to conquer the world.

Claudine Land:

That's right. You get that blood circulating. We have a bird. So, we take Taki out. We have a canary-winged parakeet. We take Taki out for a walk daily. When my daughter gets home from school, I take my break at 3:30. I take my other breaks as well to just get up and move. Even if it's maybe going up and down the stairs a couple of times, doing a couple of flights of stairs.

Sarah Reinholtz:

I just have to share. Growing up, I had two birds. I love birds. I really enjoyed having those as pets.

Claudine Land:

They're wonderful. Wonderful as pets.

Sarah Reinholtz:

Yeah.

Claudine Land:

Another thing is, and it doesn't have to be during the day, but maybe going to dinner with a friend because you really benefit from that social connection, right?

Sarah Reinholtz:

Oh yeah. That's so important. Especially now that we've been in so much and not connecting with people, friendship is so important, and finding that's so good for our mental health and just to feel connected with other people. So making time to see friends, I do that as well. Even when I'm working, I try to go get together for lunch or even after work, or at least talk on the phone and just make that connection. I think we both feel better that we're talking and sharing feelings and thoughts and helping each other.

Claudine Land:

Yes. And, self-care does not have to cost money. I will say that as well.

Sarah Reinholtz:

That's right. It doesn't.

Claudine Land:

Right.

Sarah Reinholtz:

There are a lot of things you can do that cost very little or no money at all.

Claudine Land:

Yes. I agree with that. Sarah, what are some activities, or other activities that maybe someone who's working from home or maybe in the office can incorporate while sitting at their desk to just have a little bit more of a balance, just to have a calming effect?

Sarah Reinholtz:

Well, I think we touched on a few things. That they could just close their eyes for a few minutes and just de-stress and do some deep breathing. They can stand up and do those stretches that I also refer to. Do some visualization, think about a place where they'd love to be, whether it's the beach or an island somewhere. Just close their eyes and just imagine that they're there and just kind of shut out the world. That's always good for de-stressing and refocusing so that maybe you're ready to go on to something else. Or maybe you have a meeting that's on your mind, and you're worried about it, to help you to relax and to be more prepared for that meeting.

Claudine Land:

Great. Thank you. Another thing we talked about is several approaches to help us practice self-care. Just find what makes you feel centered, find what makes you feel good, right?

Sarah Reinholtz:

Exactly.

Claudine Land:

Just think about how you can incorporate those things into your daily life. Again, set goals for incorporating self-care behaviors every day if you can. I read that once you do something, it takes six times for it to become a habit. You do it six times in a row, it does become a habit. So, find out ways, set those goals, and incorporate those goals, and it will eventually become a habit. Then after seven days, evaluate how it's made you feel.

Sarah Reinholtz:

Yes, definitely. Yeah. I was going to add that it takes 21 days to really make a shift in your health or shift in anything that you wanted to change. That's a good start, the six times, and after a week it becomes easier and then you keep doing it, it becomes more second nature. To really, to become a long-life habit or a long-term habit, to do it for three months. Then it becomes a major, major change and becomes a part of your life. Then you do it automatically, you don't have to think so much. So think that it's going to take you a while, but you're going to get there and if you're consistent, you're going to achieve your goal.

Claudine Land:

Very good. And Sarah, it's okay to just adjust and tweak your approach as you go. Right? Because you may find out that, well, maybe that's not something I like to do.

Sarah Reinholtz:

Oh, absolutely. Absolutely. You have to like it as far as any of the exercises that I mentioned, swimming or walking or whatever it is. If you do like it, you're more likely to stick with it. So if you change your activity, that's good, or find something new that you'd rather do, that's okay because you'll be more committed if you like it and it's working for you.

Claudine Land:

Fantastic. Thank you so much.

Sarah Reinholtz:

You're welcome.

Claudine Land:

Is there anything else that you'd like to add, Sarah? I think we covered a lot.

Sarah Reinholtz:

Yeah. I think we covered most of it. In my talks, I also talk about the sleeping, which is so key. I know you touched on it very lightly, but sleep is something that many people, especially business owners, don't get enough of. Many people are sleep deprived and it's so important to get seven to nine hours of sleep a night because your body does the most repairing at night. Also, if you're sleeping well, you're going to have less stress and you're going to be more focused the next day. So, preparing the night before to get that extra sleep will help you throughout your next day and you'll feel so much better, and you'll be able to deal with everything that comes your way.

Claudine Land:

Sarah, you mentioned too, this is really important. Your body repairs itself when you sleep. That is the only time your body gets a chance to repair itself. I love the word "repair" because people don't understand why sleep is really necessary. They think, "Oh, I'll just sleep because I have to. My body says to." But that is your body's way of repairing itself. Over 25 years in healthcare, that's one of the things with being a health educator previously I would tell my clients and my patients is your body repairs itself when you sleep.

Sarah Reinholtz:

Right, and your immune system will be stronger.

Claudine Land:

That's right.

Sarah Reinholtz:

So, keep that in mind. It's so important to your overall health.

Claudine Land:

That's right. Thank you so much, Sarah. I do want to add, that if you're listening to this and you maybe feel a sense of demoralization or sadness from challenges just mounting or establishing a self-care practice, it's really best to get help and support. It's always great to have that mentor or someone that's going to motivate you and give you that support. There may be barriers to caring for yourself, there may be past trauma, mental health issues, or family situations that may make it more challenging for you to get started, but seek the support from a trusted counselor and behavioral health provider and a trusted primary care doctor. Even a close friend can help.

Sarah Reinholtz:

Absolutely. It's important to have somebody by your side if you're having challenges, someone who will encourage you when you don't want to do it, or when you need to get need help getting started. It's so important to have that support.

Claudine Land:

Sarah, that's where you come in as well.

Sarah Reinholtz:

Yes, that's definitely, I'm a health and mindset coach and I help people with their self-care and I'm very passionate about it. One of the topics that I presented was, that self-care is so important. If you don't take care of yourself, who will? That's a question that you should ask yourself.

Claudine Land:

That's right. I love it. Sarah does her coaching virtually, which is so important since the pandemic. We've learned to do things through Zoom and virtually.

Sarah Reinholtz:

Absolutely.



Claudine Land:

Right.

Sarah Reinholtz:

You have to shift.

Claudine Land:

So, guys, the bottom line is this. self-care can have a positive effect on your health and outlook, but it requires a commitment or intention to invest in your well-being. self-care is a choice that each individual can make to proactively take care of their well-being. To me, it is worth the time and any money you spend on self-care. We really need to remove the stigma that being kind to and taking care of ourselves is self-indulgent or selfish. It is not.

Sarah Reinholtz:

Absolutely.

Claudine Land:

So, for starters, Sarah can help to guide you through various techniques that will aid in your well-being. Where can my listening audience get in touch with you, Sarah?

Sarah Reinholtz:

Okay. Well, they can either call me on my cell, which is (908) 510-3899, or they can email me at Sarah S-A-R-A-H Reinholtz R-E-I-N-H-O-L-T-Z 18@gmail.com.

Sarah Reinholtz email: [sarahreinholtz18@gmail.com](mailto:sarahreinholtz18@gmail.com)

Claudine Land:

Sarah also has a Facebook page.

Sarah Reinholtz:

I do.

Claudine Land:

It's called Sunny Sarah, is that right?

Sarah Reinholtz:

Right. My business is Sunny Sarah Consulting, and I do have a Google page with that name, but my Facebook is under my name. Also, I have a business page, which is Simply the Best with Sunny Sarah.

Claudine Land:

I love it. I love that title, because that's exactly what you are. Whenever I talk to you, you're always so sunny and encouraging. I love it, Sarah.

Sarah Reinholtz:

That's why I use that because I bring sunshine into people's lives with health and wellness. So, that's my tagline.

Claudine Land:

I love it. That's beautiful.

Sarah Reinholtz:

Thank you.

Claudine Land:

Thank you, Sarah, again, for being a part of the Virtual Ingenuity Business podcast. We hope that what we've shared with you today will help you in your health and wellness quest. Thank you all for listening. I hope that you all have some takeaways from today's podcast.

Be sure to also read the article that I wrote on my Insights page entitled How to Maintain a Healthy Work-Life Balance, and I will provide a link to that article in the transcript. I'll also provide information on how to get in contact with Sarah and also how to spell her last name as well.

All right, guys, let's impact together! Thank you and have a great day.

Virtual Ingenuity, LLC Insight's page article on Maintaining a Healthy Work-Life Balance can be found here: <https://virtualingenuityllc.com/maintaining-a-healthy-work-life-balance/>