

**Laylee:** Welcome to today's snack sized episode of the Le Amma podcast. I'm actually answering a question that was submitted live at the Creative Educator Conference by Kristi Johnson.

**Christi:** I'm Kristi Johnson. I'm a business coach and I'm so excited to be at the Creative Educators Conference. My question for Lely is how do you take care of yourself and your mental health?

Is there anything that you do to take a pause and reflect or anything that you do to recover after dark times? I would just love to know what that looks like in your business and how you make time for yourself.

**Laylee:** I am loving this question that Christie asked about self care. Taking care of my mental health, things that I do to ensure that I am making time for myself.

Christie asked about taking time to recover from possible dark times, or just in general, taking care of myself while still running a business. And this has been something we've talked about on the podcast. Before, but I think that it is so worth revisiting on a regular basis. For me personally, there are a few things that I do.

I think that I've realized over time that there are only so many hours in the day, so many days in a year, right? And I think that often as business owners and as entrepreneurs and as educators and leaders, we have all these things that we wanna do, accomplish, create. Launch, um, and just, you know, have our businesses flourish and grow really quickly.

And I think that that's amazing ambition to have. But I also think that we need to be really cognizant of the fact that if we are, for example. Those of us who run a personal brand or, or solopreneurs or have just like a small team behind us, we are our brand. We are our business. And so our business is only going to thrive if we are personally thriving.

So something that I'm really, really aware of is my time, how I allot my time and carving out true time for rest. And when I say rest, I don't just mean. You know, sticking to daily work hours or having a schedule where. I take a lunch break. These things are all very, very important. But I mean like true actual rest after really busy seasons, I mean actual time away from the business.

And so for an example of that is after the conference itself, I typically carve out several weeks where obviously there are some things that have to get done post-

conference, but each year I'm getting more and more aware of what things I can. Either outsource or put aside or carve out just like a few days to knock them out.

And then I take a true break from the business, from creating anything new, doing anything new. I even if I, if I have the bandwidth after a busy season, I will hit pause on things that are ongoing, even with clients and with, um, students. And so I think just making sure that you're staying on top of your calendar as much as humanly possible.

And of course, that's not always going to be. Something that's possible to do, but I think we learn from every time we do something in business. So typically, you'll be able to take note of how busy things get for you and how stressful things can get for you in certain times and seasons of the year, and then be able to carve out time for rest and just to refresh and recenter yourself after those like recurring.

Moments in life and in business. So for me, it's things like the conference and post-conference. It's also summertime tends to be just kind of crazy with family obligations and not just obligations, but also opportunities for connection with people in my life who I love and care about. And so I implement summer hours each summer where I either will mark off certain days where I don't work through the week, or I cut my working time.

By a certain number of hours each day, and so that looks different every year depending on what my workload is. But I always try to carve out extra time for myself, for my family, and really honor that as well. Something else that I've been really open about in the past and I'll continue to be open about and, and just a really big advocate for is making time.

In your everyday life and work for things like therapy, for things like fitness and health, getting activity in, whether it's going for a walk outside, um, again, like an hour a week for a therapy session, whatever it is that really prioritizes you as the business owner, as the leader of your company, and as somebody who other people are relying on to show up as your best self.

You've gotta take care of you first, you know? Like the cliché of the put your mask on first before you offer assistance to those around you. You've gotta really make sure that you are prioritizing yourself so that you can then serve others in the best possible way. So I hope those few little things that I do in my business give you something to think about for creating time for yourself, for your mental health, for your just overhaul.

Wellness and wellbeing, um, as a whole. And just remember that the more you take care of you, the better you can take care of your business, your clients, your students, and it, it really is such a win-win scenario to just. Prioritize. Prioritize yourself as much as you prioritize others. I know that if it's something that you feel is something you need to start thinking about, that you can just do it in small increments and you know, just build on top of itself.

I didn't start doing summer hours right off the bat. I first started with, you know, an hour a day. Going for a, a walk or going to the gym. And then that led to realizing like, oh, I feel better. What else can I do to carve out some time? So just, you know, claiming your calendar and really, really putting your mark on it and again, just prioritizing you.

I hope this helps and I'll see you guys on the next episode. Thanks for tuning in to the Le Li Imadi podcast. If you found value in today's episode, it would mean the world. If you would leave a review or share it with a friend who's on their journey to becoming an industry educator or speaker, want more support as you grow.

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