SELF-CARE FOR THE REAL ESTATE INDUSTRY

1 SET BOUNDARIES

Being a real estate agent often means that you are always on call. However, setting boundaries around when you will answer calls or emails is essential. Here are some ways to set boundaries for yourself:

- Make a rule for yourself that you won't answer the phone after a certain time each day.
- Once you are finished answering emails, shut down your computer for the day.
- Set family time as a permanent part of your schedule.

2 DON'T BE AFRAID TO SAY NO

Saying yes to everything will not put you farther ahead. In fact, it will do the opposite. Here are some ways to say no:

- Don't feel like you have to list every home that comes along.
- Say no to homes that don't feel like they go with your brand.
- Don't take on clients if you feel like they don't respect your boundaries.

3 TAKE CARE OF YOURSELF

Your body will only be healthy as long as you take care of it. Here are some ways to keep your engine running:

- Don't forget to hydrate. Keeping well-hydrated can decrease brain fog, improve your immune system, and give you more energy.
- Sleep is essential to a healthy body. Start a predictable nighttime routine. Also, try and get the same amount of sleep every night. (And a few naps won't hurt either!)

4 FIND A WAY TO DECOMPRESS DURING YOUR DAY

Don't wait for the end of the day to recharge. Think of quick and easy things you can build into your day to bring moments of peace and calm. Try some of these:

- Find a yoga or meditation app and take a few minutes to focus your mind.
- Take a walk around your community. Fresh air will do wonders for your energy levels. This will give you a chance to fall back in love with your community.
- Phone or FaceTime a friend you haven't talked to in a while.

Following information provided by localleader.com