

APRIL 2021

Access Bank Emerging **Businesses** **Newsletter**

YOUR MONTHLY BUSINESS ADVANTAGE



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Theme: **Beyond A Healthy Business**

CELEBRATING WORLD HEALTH DAY

“If you put bananas and money in front of monkeys, monkeys will choose bananas because monkeys do not know that money can buy a lot of bananas. In reality, if you put money and health in front of people, they tend to choose money because too many people do not know that health can bring more money and happiness.” These are the wise words of Jack Ma Billionaire, founder of Alibaba Group.

Living a healthy lifestyle applies to everyone. Therefore, taking care of one's self, not only ensures long life, but quality one. As business owners, time is always a precious commodity. It is easy to put your own needs aside while putting in so much energy and time into making your venture succeed. Neglecting your own well-being is worse than taking your eye off the numbers or forgetting to follow through with plans you have for your business. You have to take care of yourself even while running your business. Self-care is an important business goal. If you allow unhealthy habits slip into your life, you are probably also letting your productivity slip.



“When health is absent, wisdom cannot prevail itself, art cannot manifest, strength cannot fight, wealth becomes useless and intelligence cannot be applied.” -*Herophilus*



Getting started with a healthy mind-set will lead you to a healthy life. Make use of the advantage you have as a business owner, since you get to set the hours and you do not have to ask for permission to take some time off to take care of yourself. Rest when needed and carry out routine medical check-ups from time to time to make sure you are in good health both mentally and physically. Remember you are your most powerful asset. You might have your products, customers, workers, and the likes but all these can be replaced. If the entrepreneur shuts down, most likely, so does the whole business.



WAYS TO STAY HEALTHY AS A BUSINESS OWNER

- **Recharge and Rest:** Listen to your body: Your body will often let you know when something feels off. Being stressed out or working too hard saps energy levels. You might notice that you've got less energy, headaches, an upset stomach, or other symptoms. Little things that you used to be able to shake off now bother you. These may be signs that you need to step up your stress management. What helps: exercise, positive relationships, meditation, smiling, laughing, and taking breaks from whatever causes you stress.
<https://www.webmd.com/a-to-z-guides/ss/slideshow-listen-to-body>
- **Socialize:** Take out time to be in the moment, set aside work and basically concentrate on building genuine connections.
- **Laugh:** Find humour in all sort of things, happenings, or situations. Laughter makes us happier and healthier. So, it is important we find ways to laugh.
- **Learn to manage stress:** To achieve this you will have to be disciplined with your time management, priorities, schedules and commitments.
- Get routine check-ups.
- Eat healthy
- **Set a routine:** This will help curb exhaustion. Setting a particular wake-up time and bedtime makes achieving all you have set out to do easier and possible. This can only work if you are intentional and consistent.



This month is dedicated to celebrating the World Health Day. What better time to appreciate our unsung heroes in the Medical Profession? We see you and what you do every day; Sometimes, putting yourselves at risk to keep us healthy. Thank you! To let you know how important you are to us as a Bank, we have the right products just for you.

Below are our activities lined up for the month of April, you do not want to miss this.

SME DIGEST – This is our radio show for MSME's which holds every Tuesday on Inspiration Fm 92.3

20th	SME Digest	Running a Healthy Business
27th	SME Digest	Building a business around your talent
29th	Webinar	Your Health and Business



“

So many spend their health gaining wealth and then spend their wealth to regain their health.

– A. J. Reb Materi

”

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