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The Delicate Balance of Self-Care and Starting a Side Gig

In all the hustle and bustle that goes with starting a new side gig, it's hard to imagine adding even more to your plate. But self-care is a must! In fact, now more than ever, it's important to ensure you're taking care of yourself so you can take care of business. So here are some tips from [Dr. T., PhD](#) on creating an excellent resumé, finding a mentor, hiring extra help, designating break times, and seeking regular health care to keep self-care a priority.

Create a Superior Resumé

Your resumé is a business acquaintance's [first impression of you](#), so to keep the pressure down, make sure it's spectacular. Include all relevant skills and experience, keeping the language upbeat so your genuine enthusiasm can shine through. Squawkfox states that [you](#)

[should have multiple versions](#), each tailored to the person or business with which you're hoping to work.

Find a Mentor

Having someone with specific business experience in your corner can take a load off your shoulders. UpFlip notes that [a solid mentor](#) can help you run your side hustle effectively. They should be someone you feel comfortable approaching for advice, but don't take up so much of their time that it begins to feel burdensome. Bring possible solutions to the table as well as questions so they can see and appreciate that you're taking advice they've already given. Don't have any mentors in mind? [Try cold-emailing someone](#) you admire!

Form an LLC

[A limited liability company](#), or LLC, is a business structure that can offer personal asset protection and tax benefits. If you're starting a side hustle in addition to your full-time job, forming an LLC can help you keep your personal and business finances separate. This can be especially important if your side hustle involves any risks. For example, let's say you're starting a dog-walking business. If one of your client's dogs bites someone, they could sue you for damages and your personal assets could be at risk.

However, if you've formed an LLC, your personal assets will be protected from any legal action taken against your business. In addition to offering liability protection, an LLC can also help you save on taxes. If you're wondering [how to start an LLC](#) in your area, the formation process involves several steps but a formation service can take care of everything for you.

Designate Breaks

It's absolutely essential to [carve out some time](#) for breaks. For those who feel more flexible, daily breaks are had by seizing opportunities throughout the day, pausing when there's a lull. For others who prefer more structure, it means scheduling breaks into your day. So, unless you're on an extended business call or otherwise inescapably detained if you've scheduled a break for 1:30 p.m., step away at 1:30 on the dot.

Separate yourself completely from work, even if it's just 15 minutes. If you work in [an area with a good walk score](#), you could use that time to go run an errand or grab a cup of coffee. It's good to take a deep breath and clear your head with some [activity away from your desk](#).

Your self-care should never be pushed aside no matter how busy you are, including when you're starting out with a new side biz. Eliminate unnecessary stress and prioritize self-care by creating a fabulous resumé, finding a mentor, forming an LLC, staying active, and sticking to break times.

***[Dr. T., PhD](#) is the founder of the best personal training service in Atlanta. Questions?
Feel free to email Tarryn@DrTPhD.com.***