



HOME

## Maintaining your Wellbeing – Top Tips by Businesswoman Hannah Potter



By **Editor in Chief**

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Some days, our busy schedules take over our need to look after our wellbeing, that we forget we need to take time out for ourselves and prepare for the day/week ahead. Simple things like drinking water or going out for a 10 minute walk can go amiss, but businesswoman Hannah Potter knows that taking a few minutes out of your day to look after yourself really does make a difference.

*Hannah Potter is one of the industries most experienced and in-demand business transformation specialists. Working in business development, transformation and marketing for 14 years, Hannah is hailed a dynamic, highly experienced and respected businesswoman of her kind. In the last decade alone, she has become highly regarded in the plastic surgery, medical and health and beauty industry. Helping brands across the UK and internationally, Hannah founded Clinic Creators; a business creation and growth specialist provider.*

Businesswoman, motivational consultant, entrepreneur and new-Mum, Hannah shares her top tips she swears by that work for her, and could work for you too! Hannah says:

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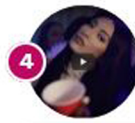
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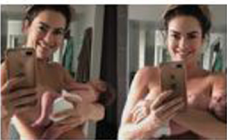
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Hannah says:

“Having built up my business, I know it is important to be able to maintain a healthy lifestyle and personal wellbeing, which can often get forgotten about.

Here are some of my top tips (which I researched over the years) that I do on a daily basis to overcome feelings of tiredness, ongoing fatigues and just to keep a healthy lifestyle – I swear by these!

1. The app ‘Headspace’ has some fab exercises on it, with some that only take a minute of your time, such as taking deep breaths – this is good to do before/after work, and first thing in the morning and last thing at night. Andrew Johnson’s ‘Deep Sleep’ app is a fantastic ritual to send you into a deep and peaceful sleep no matter what the day has thrown at you. Use this every night for at least 3 weeks for optimal results.

2. If you are feeling tired and fatigued, you need to ensure you are giving your body everything it needs to fire on all cylinders – what you put in you get out! That’s why I love creating home-made superfood smoothies; a quick and easy way to get amazing nutrition into your system in a matter of minutes. Cut green veg (such as broccoli, courgettes, kale and celery) into pieces and put them into ready-made portions in a freezer container. Then cut fruit such as pineapple, banana, strawberries and blueberries. Freeze each portion of fruit and veg into the same container or cup ready to tip into your blender.

Add some superfood powders for huge added benefits such as Chlorella, Spirulina, Acai, Cacao, NewGen Superfood Plus and your favourite non-dairy milk such as coconut or almond, blitz and there you have your superfood saviour! If you drink these twice a day, you won’t want to be without them! If you’re short on time, you can get yours home delivered from Batch Organics. ([www.batch-organics.com](http://www.batch-organics.com))

3. Sometimes, the reason we feel tired is a lack of exercise. I suggest 15-20 minutes of HIIT at home – you don’t need any gym equipment for this and you can make time for this in the comfort of your own home. You’ll feel energised and glad you put the effort in afterwards!

4. One of my beauty tips – the Becca under-eye brightening corrector! This claims to be 8 hours of sleep in a jar and it really does live up to this! Apply first underneath your usual under eye concealer and be prepared to be wow-ed by the results. ([www.beccacosmetics.com/shop/best-sellers/under-eye-brightening-corrector.html](http://www.beccacosmetics.com/shop/best-sellers/under-eye-brightening-corrector.html))