

10 Stress Management Tips for Small Business Owners

Small business owners are wearing 100 hats at a time, and doing 100 different tasks at a time. Low productivity, mistakes, missed deadlines, burnout and zero work/life balance are some of the consequences of an over-stressed business owner, entrepreneur, salesperson - and just about anyone else. Here are 10 simple stress management tips you can implement today.

- 1 Take a Mini Brain Break: Reading a motivational quote is like a mini-break for my brain: it takes me out of my moment, resets my triggers, and sets a new pattern of purpose and determination. When those motivational quotes are part of a visual – a photograph, a movie scene or a cool graphic, that image is part of my recharge and leaves a longer impression in my head.
- 2 Outsource: Hire freelancers, consultants or virtual assistants to get work done when you don't want to hire full or part-time staff. Upwork.com, freelancer.com, outsourcey.com, fivver.com, guru.com and peopleperhour.com are a few of the sites to hire freelance workers.
- 3 Schedule Downtime: Add gym time, social lunch dates, movies and family time to your schedule - in ink.
- 4 Delegate: Is there someone else on your team who can handle a task - maybe even better than you? Do they require a little training to learn the function?
- 5 Automate: Technology allows you to automate administrative tasks like responses to emails or social media posts, employee schedules, social media scheduling, invoicing and email marketing with affordable software.
- 6 Exercise: Studies show that physical activity is a great way to reduce stress. You cannot be successful if you don't have a positive mental, physical and emotional attitude. In sales, I train salespeople to become #FitToSell: when you're in better physical health, you look better, you feel better and you're more confident.
- 7 Diet: A healthy diet not only fights stress, it also increases energy and lowers the levels of hormones in your body that are most commonly tied to triggering an increase in stress.
- 8 Sleep: Consistently getting a good night's sleep can lower your stress level. You can't catch up on sleep on the weekend: Just as a weekend athlete isn't in optimal condition, sleeping in on Sunday morning will not catch you up. Tired people lack the patience and clarity to properly function in high-stress work environments and make good decisions.
- 9 Prioritize: Everything cannot get done. Write down what needs to get done, prioritize in order of importance and time required to complete the task. I find a checklist maker like checkli.com is a good tool to help me stay on task: and checking accomplished tasks off my checklist feels good!
- 10 Turn Off Your Tech: It's impossible to get work done if you're continuously distracted by your laptop dinging new emails, your buzzing text messages and a ringing phone are big distractions that take you off task. Turn off your tech for a couple hours each day so you can get things done.

Checkout more of my resources, tips and checklists for sales success:
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