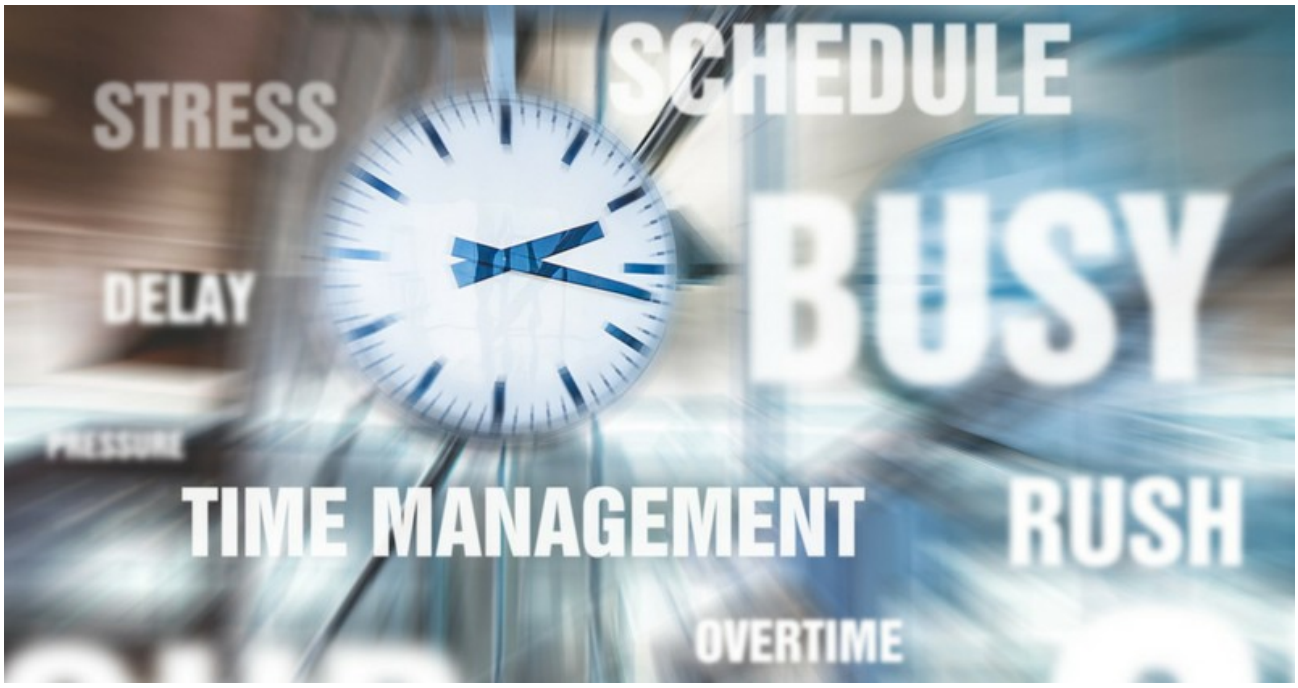
10 Stress Management Tips for Small Business Owners

Small business owners are wearing 100 hats at a time, and doing 100 different task 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, outsourcely.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 fight 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 decision.s

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: Its 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: http://www.thesalesassassin.com

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