

Stressbusters to the Rescue!

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Everyone knows that starting a business can be very stressful. What is often not known are the signs of stress and coping strategies to deal with them. Here then, are some tips to add to your toolbox of business start-up strategies on dealing with stress.

We all need a certain amount of stress in our lives to propel us forward. How to cope is the key to successful stress management. Try to strike a balance between "rusting out" from boredom and "burning out" from too much pressure. Identifying the signs of distress in your life is all important. Everyone reacts differently, but to figure out what happens to you when you get stressed out, look for symptoms to arise in three areas: emotional, social and physical.

Stressbusters:

There are many techniques you can use to avoid burnout. Experiment with some of the following until you find the right combination.

- * Stay in the moment
- * Visualize yourself in a relaxed state
- * Set and achieve one mini goal each day
- * Congratulate yourself often
- * Use a daytimer or daily planner
- * Sing out loud
- * Eat nutritious food
- * Dance to some really great music
- * Set up an effective filing system
- * Do bad jobs first
- * Have a buddy system
- * Get enough sleep
- * Don't oversleep
- * Be true to yourself
- * Confide in a colleague or friend
- * Keep a picture of a dream vacation by the phone
- * Don't procrastinate
- * Go outside for a breath of fresh air
- * Pick your fights wisely
- * Think positive
- * Write affirmations for yourself
- * Have a buddy system
- * Post motivational quotes
- * Do something just for yourself
- * Avoid negative people
- * Plan your day or week ahead of time
- * Do the best you can
- * Get a punching bag for the office
- * Time out before you're overwhelmed
- * Watch a funny show on TV
- * Throw things away
- * Say NO
- * Keep things simple
- * Take a deep breath
- * Read a book at lunch
- * Practice yoga, tai chi or other relaxation techniques
- * Take regular breaks during the day
- * Ask for help
- * Stay self-confident and remember you can handle it
- * Take action and resolve problems as quickly as possible