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JUN 7, 2018 @ 07:00 AM 468 👁

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10 Methods For Managing Stress That You Can Use



Forbes Coaches Council

Top coaches offer insights on leadership development & careers. [FULL BIO](#) ✓

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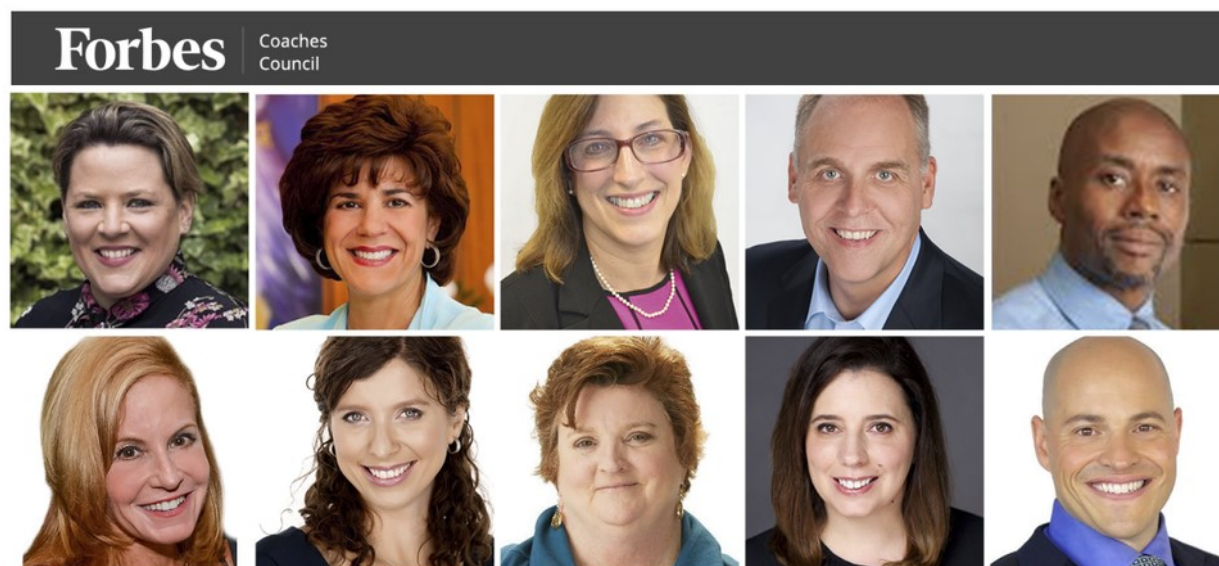
Forbes Coaches Council

Top business and career coaches from [Forbes Coaches Council](#) offer firsthand insights on leadership development & careers.

Starting a business seemed like the perfect idea. You can do whatever tasks you want, whenever you want, right? Wrong. As your business grows, you keep gaining responsibilities, and at times, it can seem as if you're falling ever further behind.

Little things you do while away from work can [reduce stress](#) and have a significant impact on how you do your job. Even better, many of them can be easily incorporated into your day, some of them even before you have breakfast.

So what works? Below, 10 members of [Forbes Coaches Council](#) share their best tips to help you keep your stress levels in check, in order to help you and your business grow and thrive. Here is what they recommend:



Photos courtesy of individual members.

Coaches share a few ways you can better manage stress.

1. Stay Unplugged The First Hour Of The Day

Don't touch your phone for the first hour of the day: No social media, no calls, no messages, no emails, no news. Take command of the first hour of your day to clear your thoughts, set your goals and intentions, stretch and hydrate. This will help you keep control of your day and control the agenda of YOUR time. Starting out like this will buy you clarity for the rest of the day. - Victoria Canham, [Ahead Together Ltd](#)

2. Build In Daily Time For Reflection

A practical strategy that the modern professional can use in their life to reduce stress is to build in daily time for a moment of reflection — e.g., exercise or meditation, for instance — in order to become more mindful and clearer on what they are feeling and why they are feeling it. Mindful leaders tend to be more resilient to stress and committed to personal renewal, which reduces stress. - Karen Dee, [Accendo Leadership Advisory Group](#)

3. Leave Your Professional Life At The Office

The modern professional who can separate themselves at the end of the day from their professional life to savor their personal life is the one who can most effectively reduce stress. Being of the mindset that your career is what you do and not who you are can lay a solid foundation for a successful work-life balance, in which both sides become enriching to your quality of life. - Shelley Hastings, [Synergy Empowerment Coaching, LLC](#)

[Forbes Coaches Council](#) is an invitation-only community for leading business and career coaches. ***Do I qualify?***

4. Make Time For The Simple Things In Life

Several years ago I came to the conclusion that I had missed way too many sunsets. As our lives become busier and filled with clutter, it's easy to overlook the simple things in life. When you feel starting to rise, take a breath, take a walk and enjoy the grandeur of the sunset. Not only does it put life in perspective, it also reminds us of the hopefulness of tomorrow. - L. Lavon Gray, PhD, [Lavon Gray Consulting Group, LLC](#)

5. Get A Good Night's Sleep

Getting a good night's sleep can be a competitive advantage. Sleep is a form of self-care and one of the best ways we can honor our physical, mental and emotional needs. Don't sacrifice sleep. Giving up sleep is the equivalent of giving up your fuel. After proper rest, we are refueled and that fuel helps us manage or reduce stress. Being tired and stressed is a dangerous combination. - Charles Weathers, [The Weathers Group](#)

