

10 Methods For Managing Stress That You Can Use

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Forbes Coaches Council ⓘ

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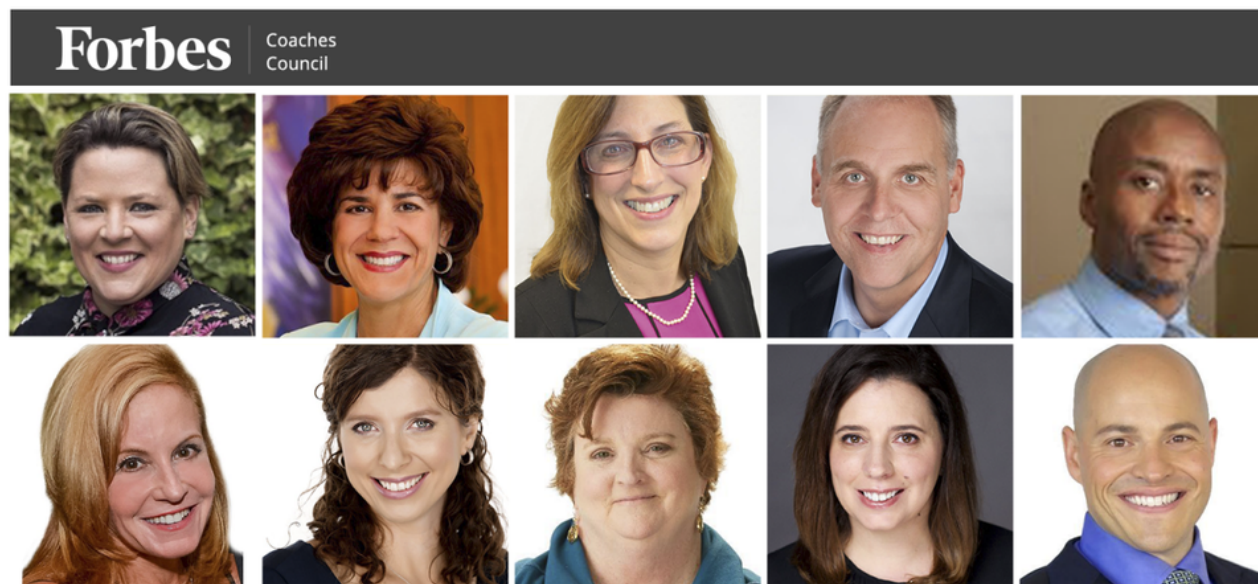
Forbes Coaches Council

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:



Coaches share a few ways you can better manage stress. PHOTOS COURTESY OF INDIVIDUAL MEMBERS.

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](#)

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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](#)

6. Schedule Everything And Use Alerts

Use your calendar both deeply and widely. Instead of to-do lists, I suggest my clients schedule everything they mean to accomplish in real time (that's the depth), and use alerts to notify themselves to start and end activities — even if

those activities are thinking or running errands. The width of scheduling is scheduling long-term goals in the mid- and far-future, with their own advance alerts. - Amie Devero, [Amie Devero Coaching and Consulting](#)

Read more in [Four Scientific Ways To Create World-Class Habits For Eight-Figure Thinking](#)

7. Clean-Up The Clutter

It's amazing what a little office or inbox cleaning can do to relieve stress. If you feel overwhelmed, instead of trying to dive back into work, take a step back and recycle any old clutter that's been collecting dust on your desk, and briefly respond to or delete lingering emails. You'll be amazed at how these simple acts will clear your head and reprioritize your to-do list, too. - Nina Cashman, [Pave Your Way](#)

8. Assess Your Approaches

Understanding ourselves and our reactions can greatly improve our interactions with our co-workers. What if you had a map of your psyche that helped you to understand your reactions and repetitive behaviors? Many assessment tools help people find their strengths and leadership style; the Enneagram takes it a step further. - Catherine Hayes, [Catherine Hayes Coaching & Consulting, LLC](#)

9. Accept That Stress Is Part Of Life

Realize that stress is a part of life and business. We need stress to perform. One simple strategy is to make a list of your top two stressors. Then ask yourself, "What is one action I can take today to decrease my stress in these areas?" When we focus on taking action rather than passively letting our minds worry, stress has less of an impact on us. - Rob Fazio, [OnPoint Advising](#)

10. Take Time To Relax And Wonder

I walk home every day to reflect, unwind, and enjoy the nature of the city, including it's art, it's imperfections, it's core. Taking time to just look and wonder and not think about anything is something I cherish every day. Often times after I

do this, something that has been bothering me magically gets solved with a new idea or inspiration that pops into my head! Taking a break leaves room to create more. - Kristy McCann, [GoCoach](#)