



# MAKING BUSINESS STRESS FREE



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# Introduction to Reducing Stress



Today more than ever, we find ourselves busier and technology is a big part of that, particularly with social media. As a business owner, if you try to be everything to everyone, the stress can crush you and your business.

Instead of multi-tasking just because we 'can' does not mean we should. Let me explain.

As an online business owner, you want to market to your particular audience. *You* decide you need to be on every single social platform there is to capture new customers and clients. The truth is that you cannot keep that up for long, or at all.

Learning how to stress less with heavy workloads is vital to the health of your body and your business. Where one suffers, the other tends to follow.

Select some of the ideas here to incorporate into your workday. Reducing stress is the greatest gift you can give yourself.

## Use Essential Oils

Essential Oils are extracted from plants, flowers and herbs. They taste and smell like the plant itself.

You can learn more about them and how to best use them for your needs. Do a little research and you will find how to mix them to create custom blends you like. For instance, if you want something 'calming', you can create a blend using oils known to be good for its soothing and calming affects.



Be careful how you use them. Some can be used in a diffuser or used on the skin and in baths.

You never apply them on the skin without verifying that it is safe to do so! They are concentrated and require a 'carrying oil' to blend them before applying to the skin.

Some common oils used for calming are lavender, bergamot, lemongrass, rose and chamomile.

It is incredible just how quickly a familiar scent can relax you.

## Herbal Teas



Along with essential oils, herbal teas have the ability to soothe the body and mind. Sipping from your favorite cup is a great way to treat stress.

Peppermint tea is good for digestion and relaxing.

Popular tea flavors are chamomile, valerian and lemon balm before going to bed work nicely.

## Music

Personal preferences on music is much like finding essential oil scents and herbal tea flavors.

You will most likely have upbeat music at the start the day with but remember to switch to something more soothing towards the end of your workday.

## Relaxation Apps

Technology is so awesome! You can find apps that can help reduce stress that provides breathing and relaxation exercises.

## Listen to Audio Stories Before Bed

My kids loved when I read them stories before bed. I also enjoy reading before books in bed. Think about it ~ put the two together and enjoy the benefits of listening to someone read you a story at bedtime.

Make a new evening routine for yourself and feel great in the morning. With your mind occupied while listening, you will not be laying in bed reviewing what has to be done tomorrow, etc. Relax.

## Spring Clean Your Workspace



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A disorganized, chaotic work area definitely produces negativity in your mind and life. In fact, feelings of depression and inadequacy is a result of working in a mess.

Time to clean up your workspace; throw away and donate everything that is unnecessary or creates a negative effect in your mind. Redesign your office set up, polish the furniture and add live flowers in your working environment.

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Your work area should reflect your business. It is amazing how energizing you can feel towards your business when you begin each day feeling good and ready to get to work.

## Upgrade Your Equipment



Have you spent way too many hours trying to accomplish something due to using old technology? Stress will show up in a big way if you are using old hardware, software, furniture and everything else in between.

If you suffer from back ache, you may need to get a new office chair. Fighting with your printer just to get something to print is a space-waste as well as a time-waste.

Significant time and energy can be solved simply by getting what you need to build your business today.

An example is that you may have shifted what your business is now compared to how it is now. What you needed before may not suit you in the now.

It is worth the expense – investment – for more than one reason.

## Do Something Creative

One of the quickest things you can do as soon as you feel stress kicking in is to take a break, even if only it is a short one.

Knit, draw, paint or write in your journal. Something you enjoy that is not tied into 'work'. Even if you only take fifteen minutes knitting, it will break the cycle of stress and your mind moves into a more relaxed state.



## Get Kinesthetic

Did you know that when you engage in a physical tasks, your brain stops worrying!

Pretty amazing, right?

Even if it is washing the dishes, gardening, walking around the block work as kinesthetic activities that relieves stress.

## Holistic Treatments



Self-care, physically and mentally, is vital for your overall health. Schedule a massage with aromatherapy. Maybe try Reiki, a manicure and pedicure – anything that treats your mind and body.

Consider these to be a practical way to deal with stress.

## Attack the Tasks You Hate

What is the task or project in business that the thought alone exhausts you? What is the source of your procrastination? What makes you dread getting out of bed for?

It is imperative that you identify any of these things and consider how you can eliminate those stressful, negative feelings.

If you have to do it, tackle those first thing so you are fresher and perhaps more likely to get it done and off the list.

If you find that no matter when you tackle it, consider outsourcing that task. You will be grateful when you do make that decision.

The main thing is you should not avoid or hide from doing the task. This is poor business practice.

## Join a Support Group

There is not a better feeling when you discover you are not the only person struggling with something other people also feel! Whatever the issue is, find a local support group. Talking to others allows you to vent to someone who knows what you are talking about. The best part of group support? Hearing ideas and solutions other people have done successfully in that area.

Sometimes all you need is to be heard and understood.

## Do Something You Love on a Regular Basis



Chances are, when you started your business, you loved it. Many times business owners realize that they are feeling burned out. Everyone needs something to look forward to on a regular basis.

The best thing you can do for yourself is to reward yourself along the way.

Plan something fun, something you have always wanted to do. Join a reading club, plan hiking trips or anything that brings you joy.

Create a Rewards List or even a Dream List. Make sure you are experiencing the 'fun' part of owning your own business. You deserve it!

## **Get it Done First**

If you find yourself putting off tasks and projects until they have approached a deadline, it's time to do something about it.

Put those items scheduled for the beginning of the day, every day. While this can create resistance in your mind, either outsource those tasks or get them done first.

## **Retrain Your Brain**

Some techniques you can use to 'rewire' your brain are EFT, Guided Imagery, and Autogenic.

Meditation works for hundreds of thousands around the world: it really works. You can take classes or even go to YouTube to find something that will work for you.

Cognitive-behavioral reframing really works! Find a technique that works for you.

## **Improve Your Breathing**

Breathing deeply and slowly is a great way to center and focus.

Shallow breathing stresses both the body and the mind. For those that have been raised in an abusive background, homes with stress or a victim to bullying, soon learn to under-breathe as a way to 'emotional hiding'.

Work on your breathing. Take a class that emphasizes the importance of proper breathing. Use a breathing app.

Do breathing and physical exercises that naturally force you to breathe more deeply, such as running or powerwalking.

## Know Your Learning Style



When you work in your own dominant learning style, you will reduce stress. This is a well-established fact.

You need to identify what your best learning style might be.

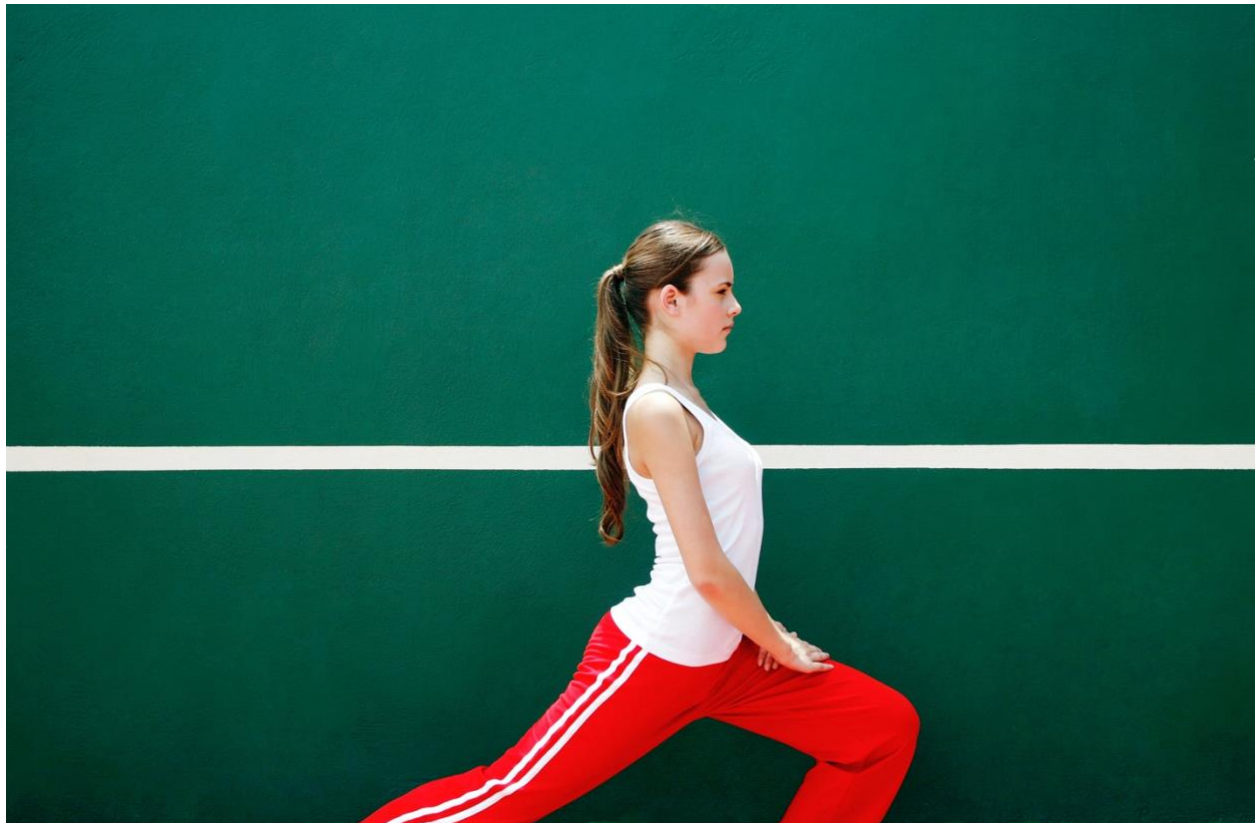
If you are an auditory learner, audio books are better for you over watching a video. If you are a visual learner, videos, diagrams, infographics, color-code and charts are your best learning styles.

For a tactile learner, you learn by doing – touching. A hands-on approach is your style. A textual learner prefers to read over watching a webinar. These people most likely have a beautifully crafted Master Business Manual and

you LOVE to document systems and procedures – particularly if you are a left-brain dominant.

When you honor your own style and don't waste your time by trying to work in a manner that is natural, you reduce stress.

## Get Out of Your Seat Regularly



You should not spend the whole day sitting at your desk. You should get up at least once an hour. Go outside, walk in the sunshine, do some stretches and get your circulation moving. Take deep breaths.

Moving around will be a way to mentally and break you out of a tunnel-vision rut. If you need to set up little alarms throughout the day to remind you to move around, do it! This is one of the easiest ways to reduce stress.



## Keep a Journal

Journaling reduces stress and helps you see patterns or habits that need to be changed as well as seeing your 'little wins', which can be extremely motivating.

Journal in the format that works best for you – an audio or video log, a pretty journal in print format or something as simple as an online journal using Word or Google Drive.

Paying attention to what you write and perhaps see the most stressful things, empowering you to address those areas.

Whatever format you use, take the time to read what you have written in the past.

## Don't Lose Touch with Your Friends

Relationships have to be nurtured and interactive between each other. Many people working at home tend to withdraw from life, pouring everything into their businesses and do not necessarily recognize their isolation.

Plan time to get together, whether it is to walk, see a movie...anything that keeps you interacting and enjoying your friendships.

Laughter is a natural stress-reliever! We should never take people for granted. Make the effort to spend time with those who love you.

## Practice Gratitude

Did you know that stress is a fear-based phenomenon? It grows when we focus on our fears.

It is so important to notice everything we have to be grateful for. Begin the process when you first wake up each day. Identify at least three things you are grateful for that morning. Do this in the evening as well. It is especially important to do when you are going through a rough time, finding something

to be grateful for and remind yourself of those things to help you move through your rough patches of time.

Stress loses its power when we dismiss it by noticing all of the wonderful things we have in our life. Stress is inevitable but it can also be a choice. You can choose how you handle stress.



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