



5 TIPS FOR HOW BUSINESS OWNERS CAN MANAGE STRESS



1



LEARN TO SAY NO

This will prevent you from overcommitting and leaving yourself in stressful situations.

2



PAY ATTENTION TO YOUR BODY'S STRESS SIGNALS

Common stress signals are difficulty sleeping, and an increased heart rate.

3



ASK FOR HELP

Small business owners can be eligible for fully funded support from a trained mental health professional through Clearhead.

4



PRACTICE MINDFULNESS

This can be as simple as to stop and breathe before rushing to your mobile. Take a breath and walk away for 20 minutes. Sometimes a bit of distance gives you a lot of perspective.

5



PROACTIVELY WORK ON YOUR WELLBEING REGULARLY

Find ways that work for you to de-stress, switch off from work and be kind to your mind.

Clearhead has plenty of free resources and support for business owners available. Visit their website clearhead.org.nz or email them at contact@clearhead.org.nz

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