

HOW TO REDUCE STRESS WHILE STARTING A NEW BUSINESS



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Entrepreneurship can be an exciting journey, giving you the chance to become your own boss. However, starting a business isn't always easy. There are plenty of ups and downs in any entrepreneurial journey, and being the person in charge can be stressful. It's important to take care of your physical and emotional well-being and proactively reduce stress and anxiety so you don't burn out. Read on for some actionable self-care tips for entrepreneurs.

Delegate what you can

Just because you're the boss doesn't mean you have to do it all yourself. Delegate jobs when possible. For example, you can hire a [virtual personal assistant](#) to help with basic administrative duties and a bookkeeper to deal with accounting. If your business is new, experts like [Foxboro Consulting](#) can help with business development.

Delegating these tasks to others frees up your energy to focus on your core business competencies and ensures you aren't being pulled in all directions at once.

Invest in helpful technology

Sometimes, you don't even need another person to do the job. Technology can help. For example, tech can help digitize your paper records, making it easier to organize documents and cutting down on the clutter that comes with hard copies. Use a PDF modifier to merge pages and compile documents in one. Instead of having lots of little files, you can easily search one larger file. Alternatively, [with a larger PDF, you can extract individual pages](#), organizing your data as you need it.

Automate processes when possible

Technology can also help automate business processes, which can further save the people in your company, yourself included, time and effort. Stamplicy [offers a list of potential](#) processes worth automating, including customer support ticketing, data reporting, and applicant screening. For example, you can use chatbots to automate first-line customer service. More complicated situations can then be escalated to human support professionals, streamlining customer service and reducing the burden on workers.

Make time for self-care

When you're building a business, it can be tempting to focus all your time and energy on the business. However, it's important that you still make time for yourself or you risk burning out. Every day, set aside 15 minutes to do something that isn't related to your business in any way. This is your opportunity to unwind. There are many activities [you can do](#) that take just 15 minutes of your time, like reading, taking a walk, calling a friend for a chat, sipping your favorite coffee, or enjoying a bath.

Prioritize daily healthy habits

An unhealthy lifestyle can exacerbate stress in various ways. For example, not eating healthy can leave you feeling fatigued.

A lack of sleep can make you more prone to stress, anxiety, and depression. Similarly, not exercising can leave you at a higher risk of mental health issues. Commit to basic everyday habits and find ways to stick to that commitment. Meal prepping [can make it easier to eat healthy](#), for example, working out with a friend can give you the motivation you need to stay fit.

Create a stress-busting toolkit

Even if you take all of the steps above, stress is bound to happen. It's impossible to avoid when you're a business owner. Make sure you have a virtual "toolkit" of tricks to help you tackle stress when it does arise. For example, you might try meditation. According to the Mayo Clinic, it's an effective way to reduce stress quickly—[perfect for when you're at the office](#). If you've never meditated before, a simple guided meditation app like Headspace can help you get started.

Becoming a business owner is a major life milestone. That said, starting a company can be challenging. Trust the tips above to help you reduce stress and keep your cool, minimizing the risk of potential burnout. You and your business will both be better for it.

[Get more tips](#) for entrepreneurial success from the blog.

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