

7 Ways Leaders Manage Stress

RECOGNIZE THE SIGNALS OF STRESS

- Understand your body's response to stress.
- Pay attention to the physiological responses and once you recognize these, you can begin to work towards a stress management plan with your physician

RECOVERY

- Take to time to recover from life changing events
- Recharging is critical for clear and creative thinking, strong relationships and good health.

RESTRUCTURE

- Restructure your daily routine. Take breaks throughout the day and in between meetings
- Move around: Get up from your desk and walk around, or get outside for some fresh air. This mental or physical break is an important for your day-to-day stress.

REGULAR EXERCISE

- Develop a regular routine for exercise at least 30 minutes a day two to three times a week.
- Healthy diet eating more fruits and vegetables while reducing added sugars, fat and sodium is all you need. Stay away from the latest diet fad they are never sustainable.

RELIEVE STRESS

- List and identify stressors
- Re-prioritize tasks by delegating, eliminating or putting on hold tasks for a different time

REGROUP WITH PEER SUPPORT

- Seek out networking opportunities with other leaders within or outside your organization.
- Join leadership Masterminds or network with other industry thought leaders
- Speak to a trusted family member or friend and if none of these are viable options seek out mental health Professional to learn stress coping techniques

RELAXATION /REDEFINE BALANCE

- Rest is really important as you redefine what balance means to you both at home and at work
- Switch off the T.V.; Listen to soothing music; Take an electronic /digital vacation (no cell phones; no emails; no internet or checking in on social media)
- Spend quality time with your family; Staycate get to enjoy your city (be a tourist and you'll be amazed what you'll discover).