



Checklist 15: How To Manage Startup Stress

Project Name: _____

Date: _____

Yes No

While starting a new business, it is easy to get so deeply lost in the workload that one may forget to look after themselves. As a business owner, it is important that you manage your stress in such a way that your health is not affected. This issue is often not discussed on most forums, but increased stress is a very natural consequence of a startup as you have a lot of workload on your shoulders all of a sudden.

- 1 If you feel tired, pay attention to your body's natural signals. At times you might ignore things like headaches, increased exhaustion etc. as being routine, but over time these things could potentially mean something serious, and it's better to rest and get better fast before things escalate.

- 2 Deal with a cause of concern immediately: If you have an angry customer, or a lazy employee, or even a difficult business decision, it is best that you deal with it as soon as possible and not procrastinate. We do not mean that you make ill thought out, or bad decisions, don't delay something unnecessarily.

- 3 Try to do healthy activities daily. Exercise can be a great stress buster, and while it may not seem like much, even a daily 30-minute walk, especially in the fresh air, can do great things for your body.

- 4 Delegate where possible. We know that as a new business owner, you might not want to hand over tasks to others and try to do as much as possible yourself. The thing is that no matter how much you might dislike it, or however reluctant you are, it is necessary that you delegate tasks to others. This leads to tasks being handled more efficiently, and quickly as well. This is why you should hire competent people so that even if you delegate tasks to them, they handle them well also if they are unsupervised.

- 5 Try not to be too much of a perfectionist. It is good to have high standards of quality of the work you expect from your employees and the products or services you deliver to the customer. However, being too

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much of a perfectionist will only lead to too much stress for you, so try your best, and let that be enough. Also, remember that you can't compete with everything that your competitors are providing.

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