

Stress Management Tips for Leaders

Look hard for perspective.

- In times of chaos and uncertainty, we often lose sight of what's important. Take time throughout your day to step back and re-focus on the overall goals and mission of your team/organization.

Have realistic expectations.

- The duration of this pandemic is unknown at this time. There are many factors that will ultimately determine the path of this illness. We must understand that taking time to take a deep breath is important.

Be Mindful.

- As you progress through your day take a moment to catch your breath. Listen to your body, Where are your stress points? Take a moment to clear your mind. Slow your breathing, taking 5 [deep breaths](#).

Take time to try to enjoy your people.

- Social distancing does NOT mean social isolation. Schedule time to connect with your team-members/colleagues/friends/families. Try face-time, Zoom, Skype, or Google hangouts so you can see each other.

Block time.

- One key reason why management is stressful involves time. For someone who's constantly multi-tasking there's rarely enough of it. Make sure you set time aside for yourself. Take regular breaks to improve well-being and efficiency.

Take time to exercise and eat healthy.

- You don't need exercise equipment to stay active. Try some of these [seated exercises](#) or [stretches](#)

Build a support network.

- Write down a list of "your" people to choose from when stressful problems arise - friends, colleagues, mentors, HR contacts, and so on and place it on your desk for quick reference

Create a swipe file of positive thoughts

- Create a file with links to photos, articles, videos- whatever it is that makes you smile, feel inspired, or even, brace yourself, laugh.

Think outside the box.

- We need to think differently about what we are prioritizing and how we can best meet the increased demand for care, social distancing and other unique stressors. It's time to think outside of the box – especially when things are chaotic and are beginning to feel out of control.

The James