

## Managing my business stressors

With this template take some time to think about and identify the stressors you are facing while running your business and the actions you can put in place to tackle them.

### Business finances

**For example:** Review financials more often, ask for advice from a financial advisor, setting a budget forecast, better record keeping for tax and invoicing.

### Connections

**For example:** Participate in a local business network group, joining a local business chamber, find a business mentor, find peers online.

### Work-life balance

**For example:** Implement set work hours or keep track of your work hours, turn off phone and emails after a specific time each day, rule not to discuss any work-related topics over the weekend or outside of work hours..

### Staff wellbeing

**For example:** Let staff have a say in how they do their work, promote a positive work culture where you can openly talk about mental health, spend time as a team at non-work occasions.

If you have any additional stressors you are facing list them down below as well as the actions you can put into place to address these.

<b>Stressor:</b> Action:	<b>Stressor:</b> Action:
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