

STAY SANE for BUSINESS OWNERS



20 TIPS



Running your own business can be rewarding, and there are many advantages to being in control of your working life, but sometimes this responsibility and the non-stop work, decision-making and staff management can take its toll.

According to a study by insurance provider Simply Business, almost half of the 2,000 individuals surveyed cancel social plans at least once a week, a quarter take less than 10 days' annual leave and 25% have fallen ill due to stress and overwork.

So how can you make sure you enjoy the good bits of being your own boss, and don't get overwhelmed by all the other bits?

Turn over to discover Castletons'

20 TIPS for BUSINESS OWNERS to STAY SANE



To find out more about how we can help you, please get in touch.

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Goal-orientate

If you know where you're heading and what you're trying to achieve it will make it much less stressful to deal with the day to day tasks.

2

Plan and prioritise

Being organised is crucial in business. Make sure to keep track of what's been done and what's to be done each day or week; this will help you stay on top of demands and manage your life effectively.

3

Delegate effectively

Use your staff and free up your time for the important stuff.

4

Get your timing right

Identify your most productive time of the day – deal with challenging work at this time.

5

Embrace technology

There are hundreds of apps available to download for your phone/tablet which are designed to assist small businesses keep on top of things like money, appointments, stock – you name it!

6

Set boundaries

Whilst the influx of technology can greatly help in business, it can also create unrealistic expectations of our availability. Setting boundaries to your own availability is a great solution to maintaining a work-life balance.

7

Use experts

Don't try to do everything yourself. For instance, if cashflow is a problem, consider employing a credit management company.

8

Create your space

For business owners without an office, it's important to set aside a space in your home or wherever you work which is exclusively dedicated to the business.

9

Take time off

No one is able to work 24/7 without losing their passionate approach, nor incurring the inevitable effects of burnout. Don't make yourself available 24 hours a day – learn to turn off your email.

10

Spice up your life (...or day)!

There are few things worse than a repetitive, monotonous working day, given the fact that most people work into their mid-late 60s. Embrace the freedom of running your own business and change your environment/tasks as much as you can.

11

Embrace the madness

Unexpected chaos and uncontrolled events are as inevitable in life as the sunrise in the sky. Instead of panicking or trying desperately to avoid it, embrace it and view it as something to be tackled and overcome.

12

Talk

A problem shared is a problem solved and this has never been truer than when used in relation to business worries. Sharing and discussing your concerns will not only be a truly cathartic process, but will help you gain some much-needed perspective.

13

Keep external interests

Starting and running a business can be all-consuming, but it's fundamental to maintain your other hobbies and pursuits. Continuing with these activities will act as great ways to decompress and relieve stress.

14

Stay social

Small business owners often find themselves encased in their vision and determination. Whilst this is positive to a degree, we can't totally seclude ourselves from social interaction. Make time for yourself and your friends and family.

15

Look after yourself

For instance by practicing mindfulness techniques, yoga or pilates. Anyone anywhere can practice mindfulness and it can help to avoid becoming overwhelmed by your thoughts and feelings.

16

Make time for exercise

As little as 30 minutes a day can drastically improve your headspace and has even shown to reduce the symptoms of mental health issues such as depression.

17

Eat well

Tempting as it can be to skip a meal here and there, or eat some junk on the go because it's quick, we often overlook the importance of balanced nutritional intake.

18

Sleep well

The benefits of a good night's sleep are never to be taken lightly, with just four nights of bad sleep having negative consequences. The average person needs between six and eight hours a night, so try to maintain this healthy pattern.

19

Self-congratulate

Everyone thrives when they feel they are appreciated and this is just as important for you as for your team. So recognise your own achievements and notice when you should feel pride: even something as simple as congratulating yourself for one small task per day can motivate you and cheer you up!

20

Have fun at work

Remember why you started your business and what you enjoy about it. Have fun with your staff – take them out for lunch or for drinks after work, do some charity fund-raising together in the office, or hold a cake-baking competition.

And most importantly...