



6 STRESS MANAGEMENT TIPS

1

INVEST IN YOURSELF.

Eat healthy and go to bed around the same time each night to regulate your sleep cycle. Your business' success depends on your physical and mental health.

HELPFUL TIP:

Try relaxation strategies like meditation or deep-breathing before bedtime to de-stress.



2

TAKE A BREAK AND RELAX.

Develop business hours and stick to them. Unplug from work by taking at least one vacation a year. You've earned it!

HELPFUL TIP:

While a quick vacation is better than nothing, try to take at least 8 days as research says it takes that long to truly unwind and refresh.



3

PRACTICE TIME MANAGEMENT.

Establishing regular office hours is the first step to time management. Use your calendar to set appointments to ensure you meet daily goals and arrive on time for appointments.

HELPFUL TIP:

There are a lot of helpful time management apps available. Toggl, Workflow and Shift are just a few to check out.



4

DON'T BE AFRAID TO ASK FOR HELP.

You can't do everything; everyone needs help at some point. Teach your staff about the business. Shorten your to-do list by giving key employees some of your daily tasks.

HELPFUL TIP:

Taking the time to train a staff member on all of your essential duties also makes taking vacation a lot easier.



5

SHARPEN YOUR COMMUNICATION SKILLS.

Let your team know what is expected of them and ask what they need from you. Good leaders also listen to their employees, so make it a priority to listen to their concerns.



HELPFUL TIP:

Establish a clipboard where people can post notes anonymously about things they'd like to see discussed.

6

ENJOY THE RIDE.

Stress is a temporary feeling. The journey as a lawn care business owner might seem overwhelming at times, but you are equipped to make your dreams come true.

HELPFUL TIP:

Develop a mindset of gratitude by spending time thinking about the positive things you're thankful for with your job.

