

# Episode 69: How do you manage stress?

I am no doctor or stress expert but here are some ideas people have given me.

## 1. Take Vacation Days

This is good advice. No one has on his or her gravestone, “I wish I took less vacation”.

Take vacation, not just long weekends.

If you can take at least 10 days off in a row, you will feel better for it.

## 2. Travel Smart

When possible, I try not to leave on a business trip until Monday and return on a Friday.

However, I would rather stay an extra night if I can, to get a good night’s sleep.

If you don’t like rushing at the airport, get there early – regardless of what other colleagues want.

Check a bag rather than lug one around all the time. It takes longer but plan the time.

## 3. Don’t start and end your day with email.

Most email has problems and troubles in it – they can wait until after breakfast.

Try and spend the first and last hour of the day with someone you love.

## 4. Don’t worry about what you can’t fix.

There are just so many problems in the world you can fix, no point worrying about those you can’t.

This is clearly easier said than done but here are two key phrases: “It is what it is” and “let it play out”.

My wife says: between as good as it can be and as bad as it can be, is where it will be.

## 5. Make decisions with your head but execute with your heart.

In life and business you will have to do tough things.

Sometimes you have no choice but to give bad news to good people.

You may not have a choice on having to be the bad guy, but how often you are is up to you.

Bottom line: There are some things you can control and some things you can’t – learning the difference may be the way you can sleep better at night.

