

Just Say NO to Work-at-Home Stress!



Brought to you by:

Psychologically Speaking

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Contents

Introduction

Section 1: Sources of Stress

Section 2: Set Priorities

Section 3: Manage Time Effectively

Section 4: Get Back in Control

Section 5: Just Say No

Section 6: Set Boundaries for Family

Section 7: Ward Off the Time Vampires

Section 8: Delegate

Section 9: Take Care of You

Section 10: Create a Support System

Conclusion

Introduction

Working from home is sort of like Charles Dickens' *A Tale of Two Cities* – it can be the best of times, and it can be the worst of times. At the best of times, being a work-at-home professional is empowering, liberating, profitable, and stressful. At the worst of times, working at home is anxiety-ridden, stifling, and stressful. Notice a common denominator?

It's the stress. Stress can – quite literally – kill you. Stress during the best of times and stress during the worst of times is still stress. Knowing how to recognize and be proactive in dealing with stress is an important part of a successful career path for any work-at-home entrepreneur.

That's why I prepared this report – to address some of the greatest sources of stress for work-at-home professionals, and to share with you what you can do to alleviate, and learn from, your stress.

Whether you're anxious because you're struggling to establish yourself in your industry, or you're stressed because you're so much in demand you're being pulled in too many directions, I hope you'll find in this report ways to make your life less stressful. After all, it's impossible to enjoy success – or your path to success – if you're constantly strung out, wringing your hands, and suffering from stress-related exhaustion or illness.

Take a deep breath, relax, and read through this material. Wherever you are in your business and professional life, I can help you figure out where you can make some adjustments to make your life better and to minimize stress.

Section 1 Sources of Stress

When you work from home, stress is everywhere. It's in your success as you become more in demand; it's in your lack of success as you try to figure out how to make a go of your venture. When you're stressed out, you become less effective as your energy is sapped away from your goals and diverted to fighting fires. If you could minimize these stressors, you'd be better able to focus on your long-term business goals.

In my experience, there are nine main stress points that home-based entrepreneurs face:

- 1.You're stressed because you don't set priorities.
- 2.You're stressed because you don't manage your time efficiently.
- 3.You're stressed because a lot of what you do is outside your control.
- 4.You're stressed because you can't say no.
- 5.You're stressed because you don't set boundaries for your family.
- 6.You're stressed because you get sucked into the TV/e-mail/blog-reading trap.
- 7.You're stressed because you don't delegate.
- 8.You're stressed because you don't take care of yourself or your health.
- 9.You're stressed because you don't have a support system.

If you were to rate yourself on each point, you'd likely score higher on some than others. You may be a great delegator, but you're not so good at setting boundaries. Each of us has our own strengths and weaknesses, based on our experience and personality. Even if you answer "yes" to only one of these stress points, you may suffer from more anxiety than someone who has answered "yes" to numerous stressors. Each of us responds differently to outside pressures and stress.

Let's take a look at each one of these in greater detail, to see where some of your personal stress points are. We'll also take a look at how you can make adjustments and get on the road to increased productivity and a more enjoyable work life. The first stop? Taking a look at your priorities.

Section 2 Set Priorities

If the basics of reading and writing are learning your ABCs, the basics of work-at-home success is setting your priorities. If you don't have a set of priorities by which to guide your business, your day, and your week, you are at the mercy of circumstance. Happenstance is for people who play the lottery; not for entrepreneurs.

You sit down at the computer to begin work on your to-do list, and the emails start coming in. Instead of having a way to rate the importance and urgency of each request and item on your list, you just respond to whatever is front and center – which is usually whatever email or phone call has come in most recently. Then the end of the day comes, and you still have as many items on your to-do list as you started with. The stress starts to mount as your business goals recede farther and farther into the distance.

So what's the solution? Setting priorities. When you have a list of goals and priorities, you have a map for your future.

My advice is to set one or two business objectives for each quarter of the year. You may choose to launch a new product the first quarter of the year, revamp your website during the second quarter, create marketing materials for the third quarter, and develop an outsourcing strategy for the fourth quarter.

The following is my favorite process for breaking down a large objective into daily, weekly, and monthly priorities:

- Start with your quarterly objective.
- Ask yourself, what would have to happen this month to achieve this objective?
- What would have to happen this week?
- What would have to happen today?

Once you have defined what needs to happen each day, week, month, and quarter, put those items on your calendar and to-do list with a big star next to them. Now you know what has to be completed every day before you start answering phone calls or emails. No matter what the rest of the day brings, you know you have completed the things that will most move your business forward.

This small routine will help reduce your stress because you'll no longer lie in bed, wondering what the heck you accomplished that day. Instead, you will have taken concrete steps towards achieving your most important goals. (P.S. This works great with personal goals, too!).

Now that you have your priorities set for each day, week, month, and quarter, how will you know if all that work will fit into your schedule? Let's take a look at how you can manage those fleeting 24 hours we all have to work within.

Section 3

Manage Time Effectively

Setting your priorities and sticking to them is a great step towards reducing your stress, but it won't help much if you don't have time to finish all the other menial tasks that are involved in running an at-home business. Items like billing, filing, ordering ink for your printer, and a million other little things that pile up over time still need to be done.

Let's look at five methods to help you keep better track of where your time goes, and keep on top of your schedule:

Write everything down.

Famous productivity expert David Allen, author of *Get It Done*, recommend getting your to-dos out of your brain and onto paper. I can attest that this method works! When I'm feeling overwhelmed, I have found one of the greatest ways to de-stress is to sit down and write out everything I have to do that's got my head spinning. Whether those are big projects, little five-minute tasks, or anything, it all goes down on paper as my brain is churning out the words. When I can actually see my thoughts on paper, I can start sorting and prioritizing (see Section 2 above).

Keep track of how long a task takes you.

It's a common psychological trick we play on ourselves - we overestimate how long it takes to complete unpleasant tasks, and we underestimate how long we spend on pleasant items. Get real by writing down the actual time it takes you to do things like file papers, log receipts, and any other tedious task. Then you have a concrete estimate the next time you think, "Oh, that's going to take all day!"

Minimize interruptions.

Turn off your email alert noise, put your phone ringer on mute, and clear your desktop before you jump into a task that requires concentration. Fewer interruptions and distractions allow you to get in that concentrating "sweet spot" where you're humming along and working at a pleasant clip. That means you'll get your work done faster and be less stressed. Constant interruptions ultimately result in needing to re-prioritize your day, over and over and over again. You can see how the stress you feel just keeps escalating without minimizing the interruptions each day.

Break down large projects.

Big projects – website overhauls, writing reports, planning marketing campaigns, creating a newsletter – can be overwhelming. When faced with a large project, break it up into tasks you can complete in one sitting, preferably in under 20 minutes. That way, instead of looking for a free afternoon to tackle the project all at once (which you'll never get!), you just need to squeeze in 20 minutes here and there until the project is completed. I don't know anyone who can't find 20 minutes, but ask an entrepreneur to block out 8 hours for a project, and you'll

receive in turn a stunned glare.

Take advantage of “lost” time.

Our days are full of five minute breaks between activities. We call these “dead” time. You may be sitting in car-line at your child's school, or in line at the pharmacy, or even waiting for a pot of water to boil. There you are, simply waiting for something to happen. Keep a notebook with a running list of tasks that can be completed in 5 minutes or less. Schedule an appointment, call a friend to set up a lunch date, clean out your voice mail, file your nails – anything that you know you need to do but don't get around to doing.

Now when you have “dead” time, glance down at your notebook with the list of 5 minute tasks and start at the top. Work your way down the list every time you find yourself with a few free minutes. You'll be amazed at how much you accomplish when you're ready to go!

The power of time management can have you thinking you can do it all now! You are Superwoman! You are Superman! But, before you go leaping those tall buildings, stop and take a deep breath. There are still things beyond our control. Yes, we can do a lot, but we can't do it all. Life sometimes gets in the way, even of the most on-task entrepreneur. Let's take a look now at how to recover from situations beyond our control.

Section 4

Get Back in Control

If you think back over the most stressful times in your life – illness for yourself or a family member, loss of a job or major client, a death in the family – I would venture to say that there's a common thread through all of these stressful times: Lack of control.

Because home-based entrepreneurs see themselves as pioneers, we pride ourselves on our take-charge attitudes and get-it-done approach to life. Therefore, not being in charge of what's happening can cause us a great deal of anxiety. We want to fix things, now. When we can't fix things, or we don't know how to fix things, we can become very stressed and even freak out a bit.

When faced with a situation where you're not in control, here are three ways you can maintain an even keel, despite the foul weather:

Find something you CAN control.

When the world is spinning away from you, it can feel like there's nothing you can control. Not true! In any situation, there's SOMETHING you can control. Let's say your major client is having financial difficulties. You may think you are at the whim of their financial ups-and-downs, but you can start regaining a feeling of control by searching out other clients to replace this financially strapped client if they would need to part ways with you. Or you could get your own finances in order and do some proactive belt-tightening so that the loss of one client doesn't send your world into a tailspin.

Perhaps your website programmer says your whole site needs to be overhauled, and it's going to cost you BIG money. Instead of retreating to your bed with a bottle of Tylenol, you could get on message boards and ask other developers if their opinion is the same, or you could hire a consultant just for a second opinion. You are NOT helpless, and the sooner you find something to control, the sooner you'll feel less anxious about the future.

Focus on the moment.

Stress comes when we stop focusing on the here and now and start ruminating over the horrible things we wish hadn't happened yesterday, or about the horrible things we fear will happen tomorrow. If we ground ourselves in the present moment, we find we're still alive, still functioning, and still able to make decisions. Once we lose sight of that fact, though, the stress seeps in. When your thoughts start spinning out of control, gently reel them back in. Take a few deep breaths; remind yourself that you are okay, right now, and then find something productive to do in this moment to protect against what you fear.

This may be difficult for some people to do because they honestly don't believe they can control their thoughts. It's true that when our mind is spinning out of control, thoughts do seem to just keep popping into your head. One method health professionals use to quiet discomfited patients is with visualization and repeating positive phrases. This actually does help to quiet the mind so you can gain control, once again, of your thought processes. Once you have quieted

your mind, you can choose to focus on the here and now and take back control.

Remind yourself of your expertise and experience.

Stress also comes when we are afraid we can't handle the horrific scenarios we've created for ourselves when we doubt our competence. If our client goes away, then what? If the economy tanks further, then what? If our website crashes, then what? If we knew we'd be okay in the future because we have the expertise to handle these situations, the stress about the future would be a thing of the past.

One tip to combat that stress is to remind yourself of all the tough circumstances you've already navigated through successfully. Think about situations you went through in the past and how you handled them. While past success is no guarantee of future performance, as they say in the stock market, it still is a pretty good indication of how things will turn out.

Section 5 Just Say No

After being a work-at-home entrepreneur for over 10 years, I can attest that the toughest item on this list for me, personally, is learning to say no to potential clients or customers. When you work for yourself – especially in the early days – you're not always sure where that next paycheck is coming from. And even when the customer roster is full this month, you can't be positive the same will be true next month or the month after, so you tend to take on more work than you can comfortably perform. After all, aren't a few nights of burning the midnight oil well worth the benefit of having a little more padding in the bank account?

The problem is, working too much to stay ahead causes us stress and job burnout – and it also makes spouses and families a tad angry! So we just exchange one stress point (finances) for another (overwork and family pressure). There is a solution, although you're not going to like it. Set a limit and stick to it.

I know, I know, this is easier said than done. But I can honestly say that I've never had a customer or client disappear into thin air when I told him or her they had to wait a few weeks or months to work with me. In fact, it often shows that you're in demand and that you can pick and choose who you work with, and when. And that's a valuable trait, particularly when you want to command top rates for your expertise.

Think about the busiest restaurant you know of: the Hard Rock Cafe, the Cheesecake Factory, Wolfgang Puck's flagship restaurant, etc. The advance reservations notice these establishments require actually increases their mystique and reputation. Making your customers and clients wait can do the same for you!

Decide how many products you're going to release, how many interviews you're going to do, how many coaching clients you're going to work with, how many articles you'll write, or how many hours you're going to work per week, and then stop. That's it – no more.

One of the best ways to keep your work commitments at a tolerable level is to make a commitment to your family. You can start with committing to attending every softball game, every Scout meeting, and every recital. You can promise dinner each evening, or read out of a chapter book every night to your children. This will make you accountable to your own scheduled work day. You may feel a momentary pang of regret or anxiety when you tell a potential client “no” or “wait.” I'm willing to bet it will soon fade when you realize how much less stressed you are on a day-to-day basis, and how much happier your home life is!

You've set boundaries for your commitment to your clients. You'll say the words “no” or “wait” to a client when the time constraints of a new assignment don't fit within your agenda. You have now become the boss of your time. Does your family know that?

There you are sitting at your desk in your home office, available to everyone – kids, spouse, neighbors, friends – at a moments notice. You wanted to work at home so you COULD be available to your family, but what are the limits? We'll explore the dichotomy of working at

home in order to enjoy the flexibility and availability to the ones you love, and working at home in order to create a successful business which requires focused time away from distractions.

Section 6

Set Boundaries for Family

One of my favorite parts of working from home is that I don't have an office outside our house to go to. What is one of the most stressful parts of working from home? Yep, you guessed it. I don't have an office outside our house to go to.

While I usually love showing up to work in my pajamas, taking a nap in the afternoon, and being able to fix myself my favorite mid-morning snack, working from home can be very stressful when my family doesn't realize that I am not available during normal business hours. When my family wants me to deliver forgotten items, wait for the cable man, or let the kids play Webkinz on my laptop, I find it, frankly, a little disrespectful.

I've found, though, that with proper training, your family will happily (most of the time) adhere to your work rules, if you follow these suggestions:

Make the rules concrete.

Set specific guidelines. These can be simple to understand guidelines like "You may not come in Mommy's office when the door is closed" which even the youngest children can understand. You can set a more specific schedule for older children such as "I am not available between 10-2, Monday through Friday." The more specific your rules, the more readily everyone will abide by them.

Reward them for compliance.

Bribery works! In extreme cases, I will readily agree to play a despised board game, take the gang for ice cream, or let someone else control the TV remote in exchange for an hour of uninterrupted work time. Don't be afraid to reward your family for a job well done. If you have a specific project that you need to get done, remind your family of the rules, and let them know that you appreciate their understanding by giving them something to look forward to. Help them be a success, too!

Refuse to break the code.

No means no, not maybe. If you give in to whining or pleading, you're only training your kids (or spouse) to whine and plead. Not a good thing. Before you give in, ask yourself what you're training your family to believe about your ability to set limits. Then act accordingly. Teaching children to respect the rules, your rules, is a lesson for life.

Hold up your side of the bargain.

If you tell the kids you'll be off the computer at 5 PM and spend some time playing Duck Duck Goose, then you'd better be goosing it up at 5:01. Pushing out the timeline or going back on your agreement is no good. This only sets the stage for an argument. The next time you insist on a specific rule regarding your office time, you will have much less leverage as you try to

defend your position. Your word is your bond – keep it.

Be available when you're off the clock.

If you want your family to respect your work time and space, then you need to respect family time. No checking the BlackBerry at the dinner table. No taking business calls in the middle of Junior's school play. No sneaking off to your computer to send a few emails when the rest of the family is gathered around the TV, watching SpongeBob. When you're "away" from the office, make sure you're really away. You set the rules – you need to follow them, too.

Section 7

Ward Off the Time Vampires

“Time vampires” are those seemingly harmless pastimes that end up sucking the life and time right out of your day. You sit down to read a few industry blogs and the next time you look up, your daughter has left for college and your son is shaving.

Not only will these black holes of time cause you stress because you're wasting time, you will also be kicking yourself in the rear end because you'll be filled with regrets. You'll be wondering how you could have been so stupid to sit at the computer, reading about urban legends for the past three hours.

Here are my suggestions for avoiding the time vampires (and none of them involves garlic!):

Set a timer.

If you want to take a quick 10-minute break in the midst of an all-morning project to see what's going on at ESPN.com, that's fine. Grab the kitchen timer, set it for 10 minutes, and wait at the Yankees until the timer goes off. Then say goodbye to Derek Jeter and get back to work. The same goes for [Facebook](#) and [Twitter](#). Go ahead and check in, but set your timer. It's amazing how fast a half hour will go by when you're enjoying yourself.

Schedule down time.

Let's say you have to go in to have your gall bladder removed. Would you rather be operated on by the emergency room doctor who's been on the clock for 32 hours straight, or by the one who just returned from a nice, 30-minute lunch in the doctors' lounge? I know who I'd choose! Schedule in down-time for yourself so you can have a little non-work fun into your day. It'll refresh you for the tasks ahead, and also make an all-evening “Hogan's Heroes” and Haagen Dazs marathon less likely. It's when we don't schedule a little escape during the day that we end up crashing and burning sometime later into an unhealthy marathon of some sort.

Multi-Task.

Most of the time, it's most efficient to focus on one thing at a time while you're trying to be productive. But some tasks are just born for multitasking. Listen to industry-related podcasts while on the treadmill. Check your email while at your daughter's gym class. Instead of sitting on your behind on the phone with your sister, go for a walk while you chat. Layer activities the way you try to layer profits in your business.

Write down what you do.

It's been said that you can't improve what you don't measure. If you really want to reduce the number of times you check email during the day, or the amount of time you spend on Perez Hilton's celebrity gossip site, write it down. A simple notation in your calendar is all it takes, then each day try to beat your best. While you may have some backsliding moments, over time you'll notice a positive trajectory when you can clearly see the time you've wasted.

Even after you've reined in all your time wasters, there may be more you can do to streamline your schedule. Perhaps there are things you shouldn't be doing at all? Let's take a look at the ways you need to let go and start delegating tasks.

Section 8 Delegate

Jack Welch didn't empty the trash cans at GE. Steve Jobs doesn't answer all of Apple's emails. And I bet Meg Whitman never wrote a single piece of code for eBay. Instead, these high-flying execs knew that in order to take their companies to the top, they needed to delegate and outsource.

Put simply, if you try to do it all yourself, your head is going to explode. Why not accept that fact upfront and consistently focus on the parts of your business where you bring the greatest value?

Though delegating will save you tons of stress in the long term, in the short term it can be a little anxiety-producing. Here are some tips if you're just starting down the delegation path:

Choose time limited tasks.

The best jobs to start delegating are those that have a concrete beginning and end. It's much easier to ask someone to reproduce CDs and mail them for you than it is to ask them to "improve your inventory program." Start with tasks that you could easily create a checklist for and that have a start-to-finish quality.

Set measurable goals.

Define what "completion" looks like for you, and share that picture with the person to which you've chosen to delegate the task. For example, say "When you're done, all the CDs will be reproduced, packaged, labeled, and shipped, and you'll have a receipt from the shipping company for me." The more specific you are in the end result you desire, the more likely it is that your helper will do a satisfactory job.

Focus on the outcome, not on the process.

One of the biggest mistakes business owners make when they delegate is they micromanage the process. Every step of the way, they're looking over the helper's shoulder, making sure everything is done "right." This is going to cause multiple problems and is just so **WRONG**. You've heard the saying, "There's more than one way to skin a cat." While I hope you're not asking your helper to scalp poor Fluffy, it's still true. Worry less about **HOW** the work is getting done and focus on the end result. You're not saving time if you're managing every step of the process. Remember, you're trying to make less work for yourself, not more. Trust your judgment – you chose someone you could depend on, so now depend on them.

Focus on "good enough" not "perfection."

This is a tough one for work-at-home entrepreneurs, who tend to be of the "If you want something done right, you've got to do it yourself," school of thought. To save yourself time and stress, you've got to let go of that expectation. Some jobs don't need to be done perfectly – it's fine if it's just done at all! There are no awards for the person who does the "best" job of mailing

your CDs because just getting them out the door on time is good enough, right? How much better can you get?

Evaluate the efforts and fine tune as necessary.

There's always room for improvement – on both sides! Ask your helper where you could have done a more effective job of managing the process, and be open to her suggestions. Then if you see some ways she could work more effectively, suggest them in a constructive manner. Make sure your review of the process is OUTCOME related, not PROCESS related. You're worried about the bottom line here!

Now that you've gotten over the fact that you can't do it all and are delegating some tasks, you've got a few minutes to breathe deep and take a look at yourself. Have you been eating right and exercising? Are you sleeping well? Do you take any time at all for yourself? Perhaps you never thought you had the time to take care of yourself. Maybe you never thought it was important to take care of yourself.

That's all going to change. You have a lot to lose if you don't take care of YOU first and foremost. Let's explore the reasons why and the ways how you can start on a path to better overall health and fitness.

Section 9

Take Care of You

Your business can be operating like a well-oiled machine, but if you're not taking care of yourself, you're going to be stressed out. It's ironic that when things are going really well, we typically end up spending MORE hours on our jobs because we're just having so much fun and we're seeing all the fantastic benefits of hard work.

To be a healthy person, you need to be a well-rounded person. Here are a handful of tips to make sure your business isn't taking over your life at the expense of your health and well-being:

Get a hobby.

You will probably laugh at this, thinking you don't have time for a hobby. But the truth is, you don't have time NOT to have a hobby! Whether it's knitting, canoeing, genealogy, cooking, or grooming llamas, you need something that will provide balance to your life. There will be days when the business side of things isn't going so well, and you will need an escape. Get a hobby before you're forced to find one.

Get physical.

You've heard it before and you'll hear it again - regular exercise reduces anxiety, combats obesity, and makes you a nicer person to be around. If you are sitting on your rear in front of the computer most of the day, you have to find some way to move your body on a regular basis. It can be as simple as a 15 minute walk first thing in the morning, or as intense as a 2 hour gym workout. Just choose one and do it.

Get some rest.

I'm willing to bet that at least once in the past month, you've found yourself up way too late, finishing one last work project, answering one more email, or putting the finishing touches on one last product. On an occasional basis, these nocturnal escapades are no big deal, but burn the midnight oil night after night after night, and you're frying yourself. Not only does sleep deprivation make you anxious, edgy and unable think clearly, it also makes it harder for you to work at peak efficiency. Set a bedtime, and stick to it.

Connect.

Connecting with those around you is critical to minimizing your stress. At the end of your life, you're going to be worried more about the people you love and less about the business you created. Show your family and friends how important they are to you NOW by giving them their rightful share of your time. The bonus? It will calm your anxiety when you know you're investing time where it's going to matter most throughout your lifetime.

Okay, now that you've scheduled your work day, delegated some of your work load, and are taking time out to take care of your health, you are feeling a need to share your thoughts with people you respect. You need someone, or a group of people, to connect with. Here's where

the reward is at the end of each day – camaraderie, respect, and even love. Let's look at some of your options when you want to connect with the world outside of your home office.

Section 10

Create a Support System

As “The Barbra” would say, “People, people who need people, are the luckiest people in the world.” The truth is, we all need people. We need at least one “safe spot” where we can let it all hang out and not worry about being judged, criticized, or taken advantage of. Just by their very existence, supportive friends like these help us deal with the stress in our lives.

If you're not lucky enough to have that kind of relationship right now, don't worry. There are places that offer support for you from people who know your struggles and want to relish in your successes. Here are a few suggestions of where you might go to find what you need to prop you up when you need it:

Online forums.

Find an online discussion forum or message board for work-at-home entrepreneurs. There are literally hundreds to choose from! While these groups often refer business to each other, their biggest benefit, in my opinion, is the support they provide. Working from home can be a lonely business, and networking with others who are in similar situations makes it less lonely. It's impossible to feel left on your own when there are so many people on these forums to cheer you on.

A coach or mentor.

Finding a coach or mentor who is several steps ahead of you on the journey to business success can be one of the best moves you ever make. Though their main goal is to provide business guidance, the good ones are also a great source of support and motivation. They know the ups and downs of the work-at-home entrepreneur, and can tell you if what you're experiencing is just normal growing pains, or something else. Best of all, they can help you devise a plan to deal with the stress you're feeling.

Family.

Don't overlook your family as a source of support. They may have no idea what you do all day – particularly if it involves internet marketing – but they love you and want the best for you. If you tell your spouse or loved one you just need a non-judgmental ear to hear you work through some issues out loud, you'll likely find that he or she is more than willing to listen. Give your family a chance to learn as you learn. You didn't know what to expect when you started down this venture, and neither did they. Include them in your learning curve. Then you'll have a family that feels a part of your process and will be more than willing to support you.

Real face-to-face friends.

When you work from home, you can get locked to your desk and find that most of your closest friends live inside your computer! That's just fine, as these relationships are fulfilling, supportive, and “real” all on their own. But there's also something to be said for meeting a friend for a cup of coffee and some real live conversation. We need interpersonal interaction of the

face-to-face kind, with the give-and-take conversation patterns that we humans are familiar with. The start-and-stop, ebb-and-flow, of our thoughts and opinions in a real live conversation. Don't limit your contact with the world to [Facebook](#), [Twitter](#), and email. Connect with your "real-world" friends regularly.

A therapist or counselor.

Trained mental health professionals are wonderful resources for objective, sound advice in dealing with stress. While they probably won't be able to help you figure out the product launch strategy for your latest interactive course, they can help you find ways to deal with relationships, stress, and other negative mental emotions. Often, when voiced out loud to a trained professional as an outside party, a thought that's been stressing you will all of a sudden make sense. Get a good recommendation from a friend, colleague, or your doctor and schedule an appointment if you feel that a professional therapist would help you straighten out those kinks that keep you from feeling healthy and fulfilled.

Conclusion

Stress is a fact of life, particularly for work-at-home entrepreneurs who, because we're sometimes blazing new and unfamiliar territory, tend to shoulder more burden than Atlas.

We like to be in control, we like to be productive, and we like to do things on our own. While these are all admirable qualities, when taken to the extreme, they can end up costing us in terms of sleepless nights, stress-ridden days, and lost efficiency.

I hope that after reading this report, you'll see that while stress may be unavoidable, there are things we can do to help mitigate its detrimental effects. Stress is unavoidable in the work-at-home life - but it doesn't have to overwhelm us.

Use these tips and suggestions to make your home-based business the best it can possibly be. I look forward to having opportunities to continue to encourage you along your journey to a successful business – and life!

Call 1-800-497-9880 now for a FREE 20 minute phone consultation with Dr. Jack Singer.

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Certified, Licensed Sport Psychologist

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