



# **Smart Strategies for High-Performing** Leaders to Manage Stress



# **Prioritizing Self-Care**





According to a study by the American Psychological Association, exercise is a common stress-management strategy used by 44% of working professionals.



The National Sleep Foundation recommends that adults get 7-9 hours of sleep per night for optimal health and well-being.

### Tips:

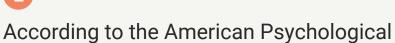
- Make time for regular exercise to reduce stress and improve physical and mental health.
- Eat a healthy and balanced diet to nourish your body and mind. Get adequate sleep to help you feel refreshed
- and energized. Engage in relaxation activities such as
- meditation, yoga, or deep breathing exercises to reduce stress levels.



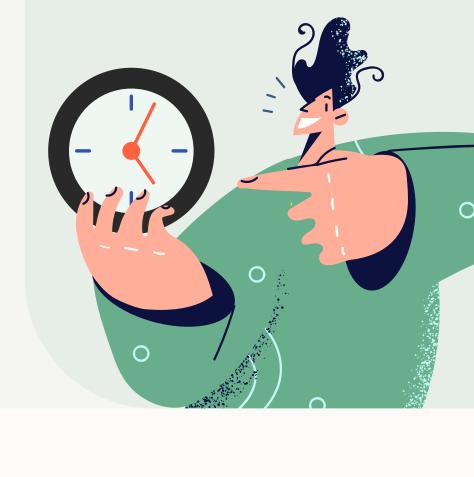


focus on high-impact activities.

high-performing leaders prioritize their time and



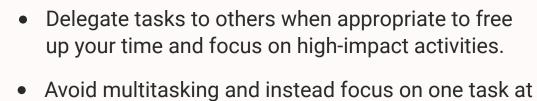
Association, delegating tasks to others can reduce stress and improve productivity.



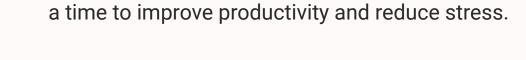


### and task lists to prioritize your work and reduce overwhelming feelings.

Tips:

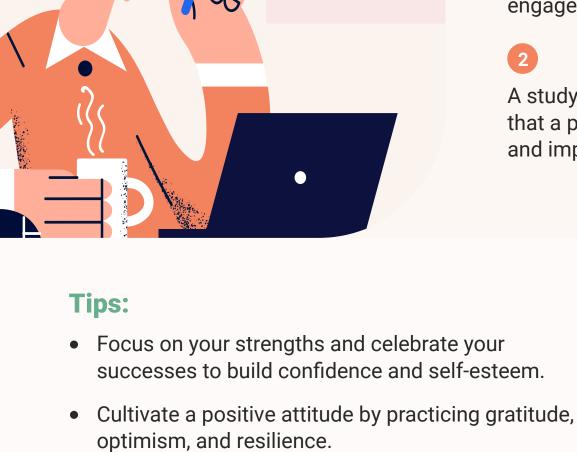


• Use time management tools such as calendars











A study by the University of Pennsylvania found that a positive attitude can increase resilience and improve well-being.

According to a study by Gallup, employees who

feel recognized for their contributions are more

engaged and productive at work.

# Recognize and acknowledge the contributions

- of others to foster a positive work environment. Seek feedback and input from others to gain different perspectives and ideas.





A study by Zippa states that US businesses

A study by the American Psychological

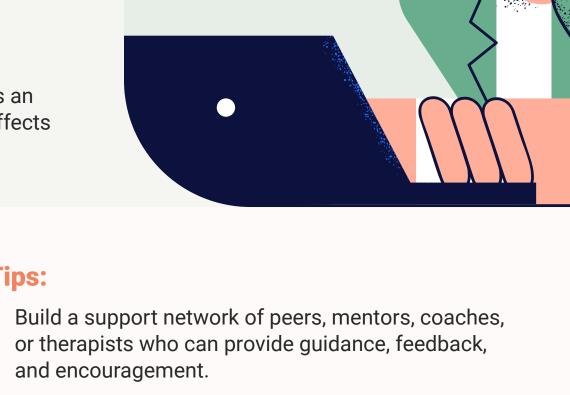
### spend \$166 billion on leadership development each year - nearly half of the \$366 billion that's

**Seeking Training and Social Support** 



spent globally.

Association found that social support is an important buffer against the negative effects of stress.

















Tips:

- Seek professional help when needed to manage chronic or severe stress.

  - Make time for social activities and hobbies to maintain a healthy work-life balance.



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