



Smart Strategies for High-Performing Leaders to Manage Stress

Prioritizing Self-Care



- 1 According to a study by the American Psychological Association, exercise is a common stress-management strategy used by 44% of working professionals.
- 2 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.



Effective Time Management

- 1 A study by McKinsey & Company found that high-performing leaders prioritize their time and focus on high-impact activities.
- 2 According to the American Psychological Association, delegating tasks to others can reduce stress and improve productivity.



Tips:

- Use time management tools such as calendars and task lists to prioritize your work and reduce overwhelming feelings.
- Delegate tasks to others when appropriate to free up your time and focus on high-impact activities.
- Avoid multitasking and instead focus on one task at a time to improve productivity and reduce stress.



Fostering a Positive Mindset



- 1 According to a study by Gallup, employees who feel recognized for their contributions are more engaged and productive at work.
- 2 A study by the University of Pennsylvania found that a positive attitude can increase resilience and improve well-being.

Tips:

- Focus on your strengths and celebrate your successes to build confidence and self-esteem.
- Cultivate a positive attitude by practicing gratitude, optimism, and resilience.
- 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.



Seeking Training and Social Support

- 1 A study by Zippa states that US businesses spend \$166 billion on leadership development each year - nearly half of the \$366 billion that's spent globally.
- 2 A study by the American Psychological Association found that social support is an important buffer against the negative effects of stress.



Tips:

- Build a support network of peers, mentors, coaches, or therapists who can provide guidance, feedback, and encouragement.
- 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.