

- + One-third of executives struggle with fatigue, stress, and feeling overwhelmed, lonely, or depressed. *(Source: Deloitte)*
- + 80% of employees feel stress on the job, up from 79% in 2022, the highest level of workplace stress in recent years. *(Source: American Institute of Stress)*

# Top 5 Stress Management Tips For Leaders



## Practice Effective Time Management

91% employees agreed that better time management reduces work stress, and 86% believed it improves task focus. *(Source: TimeWatch)*

- + Prioritize tasks based on importance and urgency.
- + Effective time management techniques, including clear goal setting, productivity tools, and avoiding multitasking, boost productivity and reduce stress for leaders.



## Foster Open Communication

72% of business leaders and 52% of knowledge workers believe effective communication boosts team productivity. *(Source: The State of Business Communication)*

- + Create an environment of open and honest communication within your team.
- + Encourage feedback, actively listen to your team's concerns, and provide constructive feedback to foster a culture of trust and collaboration.



## Delegate and Empower

Leaders who excel in delegating generate 33% higher revenue. *(Source: Gallup)*

- + Delegate tasks to capable team members and empower them to make decisions.
- + By distributing responsibilities, leaders focus on high-level strategic initiatives while building a competent and engaged team.



## Prioritize Self-Care

Leaders who engage in regular self-care activities are more likely to report feeling happy, satisfied with their lives, and able to cope with stress. *(Source: American Psychological Association)*

- + Allocate time for self-care activities such as exercise, meditation, and hobbies.
- + A healthy mind and body contribute to better decision-making and overall well-being.



## Seek Support and Mentorship

40% of organizations using coaching or mentoring experience higher talent retention than 24% of non-users. *(Source: Harvard Business Review)*

- + Surround yourself with strong mentors, peers, or coaches' support network.
- + Seek guidance from experienced professionals who can provide insights, advice, and perspective during challenging situations.

