

+ 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.



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#### Foster **Open** Communication

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

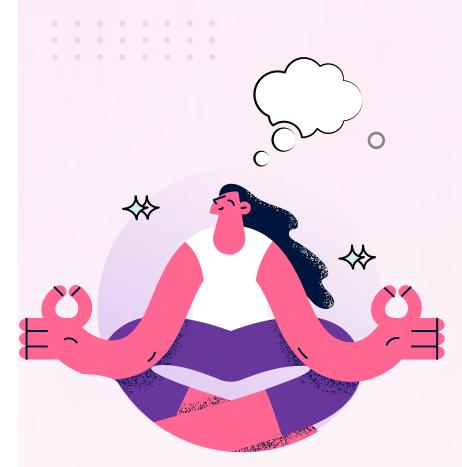
- + Create an environment of open and honest communication within your team.
- Encourage feedback, actively listen to your team's concerns, and provide constructive feedback to foster a culture of trust and collaboration.

# **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

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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.





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