

How to Cope With the Stress of Starting a Home Business

By Nina Gordon

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So you think working at home can't be stressful? If you're faced with the challenge of starting a home business while still working a day job, juggling a child while trying to talk to a client on the phone or just having to deal with the challenges of learning how to get started, then you will know what I mean by STRESS.

Fear Not! Here are some suggestions for surviving the stress of getting started:

1) Be Realistic

Remember, Rome wasn't built in a day! It may take some time to get started but it will be well worth the effort in the end. Make a list of all the reasons you started a home business and another list of all of the advantages of working at home. Place these lists by your bathroom mirror where they will be a daily reminder of the importance of what you are doing and why you are doing it.

2) Prioritize

Keep a daily planner and make a "to do" list. Put the things that are time sensitive first, the things you need to do but are not time sensitive second, and the things that can wait put last. Next, prioritize each of these lists. And last, make sure you schedule morning exercise, frequent breaks, family time, and time for yourself. Sound impossible? Not if you...

3) Get Organized

Getting organized will result in using your precious time well. Start with scheduling an early morning walk for twenty minutes; this is not an option but a necessity for good health. If you're not a morning person, go for a walk later in the day. Next, eat a healthy breakfast. Remember to drink plenty of water(6-8 cups) during the day and get up from your desk to stretch and walk around at least every 1-2 hours; this will help prevent muscle fatigue and varicose veins. Stay away from the television except for your "must see" programs and make sure your work station is ergonomically correct. Be flexible but, initially, stick to your schedule as much as possible.

4) Pace Yourself

This goes along with being realistic but I mention it because of the tendency new home business people have for over-doing it. I repeat...Rome wasn't built in a day!

5) Listen to Your Body

If you're already at the point of no return and stress has started to manifest itself in loss of appetite,

sleeplessness, and other symptoms...pull back, take a deep breath, and seek professional help if needed. Unmanaged stress can negatively affect your immune system which, in turn, can cause you to feel chronically tired and susceptible to a variety of health problems.

6) Get Out of the House

Remember that working at home gives you advantages that commuters don't have, so take advantage of them. Get reacquainted with the beauty of a sunrise, go shopping during the day when there's less traffic, take your dog (or cat) for a leisurely walk and, above all else...stop and smell the roses!

Best Wishes for Your Success,
Nina Gordon

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Nina Gordon, RN,BSN,MSW has over 30 years experience in nursing and maintains a website that promotes immune system health:
<http://www.MyLegacyForLife.net/Beta>
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