

STRESS



Stress Management

Self-Care
Self-Reflections



WWW.INSPIRINGURSUCCESS.COM



About Us

Inspiring Success works with you to identify and implement strategies so you can easily prioritize your goals and workflow.

We address what your stress-related triggers are, thereby reducing and limiting the feelings of being paralyzed and overwhelmed.

We work with you to purposefully create and intentionally move your business and life in a positive direction empowering you to successfully achieve your goals.

Vision

Inspiring Success envisions small business owners growing their businesses easily based on knowledge, experience and support.

Mission

Inspiring Success devotes itself to furthering educational and support opportunities for small businesses. By gathering in person and virtually to collaborate, brainstorm, and provide a safe space to grow their businesses and succeed.



Self-Care Checklist

On a scale of 1 to 10, rank the level of stress you feel right now:



1 2 3 4 5 6 7 8 9 10

What is the biggest source of stress in your life today?

Work

Is there a clear separation between work and home? Are you frustrated with your colleagues or boss? Are the expectations at work set impossibly high?

Family

Is there division in your family? Are you having a difficult time adjusting to family changes? Is there a lack of communication between parents, siblings, partners, or kids?

Money

Is money causing tension in your relationships? Are you finding it difficult to pay the bills and provide a quality life for your family? Are you having a difficult time agreeing on a financial plan or budget?

Conflict

Are there any unresolved conflicts in your life right now? Are there recurring disagreements at work or with loved ones? Are both sides willing to achieve a peaceful resolution?

Illness

Are you (or someone you love) suffering from disease, illness or a loss of a loved one? Are you having a difficult time concentrating or completing day-to-day tasks due to an illness? Are you getting the medical care and attention you need and deserve?

Other

Are you having a difficult time articulating your thoughts and feelings? Are you seeking to control an uncontrollable situation? Are you able to minimize stress by planning and organizing ahead of time?

Self-Reflection Exercise

When completing this stress management self-reflection exercise, always ask yourself:

- Why am I feeling stressed, anxious, overwhelmed, or worried about this issue?
- Am I thinking about the problem or am I focused on a solution?
- How do I define a healthy, happy, and lasting resolution to this stress?
- Who can I turn to for help?
- What will I do, today, to find a better way?

1. Work Stress

Work provides a means to live; nothing more, nothing less. Take things one day at a time, but always make time for your most important asset: you!

2. Family Stress

Regardless of past pain or conflict, family is still family. By showing respect and honoring one another, you are doing all you can to be a positive role model for others.

3. Conflict

Unresolved conflicts can deeply affect your sleep, diet, and physical or mental health. Choose peace, even if it means you have to admit your mistakes or make some compromises.

Self-Reflection Exercise

4. Money Stress

A big part of money management is knowing where the money is going. By trimming your budget, living on cash, and documenting all purchases, you'll always be aware of your money. If skill development is necessary to boost your income, then save up for your education before spending your money on things you really don't need.

5. Illness

Sometimes the only thing we can do is accept the challenges in our lives as opportunities for learning and growth. Time heals all wounds of the heart, mind, and soul. By seeking the support of others, you will see the truth: you're not alone! After all, with love, patience, and prayer you can accomplish great things.

6. Other

Stress adds a whole new level of complexity into your day. Only focus on the things you can control in the moment because there's nothing more you can do other than your best. If it's between reacting rashly or patiently to a stressful situation, always choose patience. You'll thank yourself later!

Summary

Taking care of ourselves is one of the best decisions we can make for our business. The question now is ...

What do you do next?

1)

2)

Please contact me and ask for help while working to improve your self-care routine or your business productivity.

I encourage you to take advantage of my **30-minute free session** for all new clients.



Ready? Email me now and let's get you purposefully creating and intentionally moving towards having the business of your dreams.

inspiringursuccess@gmail.com



Become a Member of Our Private Group for Business Leaders

All of our members would love to invite you to join them in collaborating, brainstorming, supporting and connecting. Our group members are other like-minded business owners who have daily interactions in the ***SpringBoard to Success*** group.

Each morning a thought-provoking thread to get your creative juices flowing with topics like strategies, reflection, music and fun photos.

In the afternoons, there is a relevant and current article providing an opportunity for insight, research, learning and planning.

You can find us on Facebook at the following link:

BECOME A MEMBER

Some Helpful Resources

Goal Setting Made Simple

An easy-to-use workbook to support you setting goals that are Specific, Measurable, Attainable, Realistic, and Timely. [Download it now.](#)

Business 101 Workshops

Feel free to join us at the next Business 101 Workshop. You can learn more and [register here.](#)

Business Planning for Success

Need to start or finish your business plan? Register for the next Business Planning for Success workshop series. [Learn more here.](#)



KAREN KLEINWORT

YOUR BUSINESS BFF

Karen is a certified professional coach; she has been specializing in business growth and goal achievement solutions by improving prioritization, life-work balance, stress and unexpected crisis management since 2004.



Born in Apsley, ON. Lives in Midland MI with her husband Jerry with their 2 kids, Caden and Phebe



Holds a Bachelor of Science in Business Management; Certified in Anger Management and Non-Profit Management



Happily married to Jerry Artache since 2006



Named one of the Who's Who in Professional Management in 1999



Favorite books: Handmaid's Tale, Harry Potter, and Lean In



She believes that "There is no such thing as a glass ceiling, and every day is a great day to start again!"

Follow her day to day at   

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