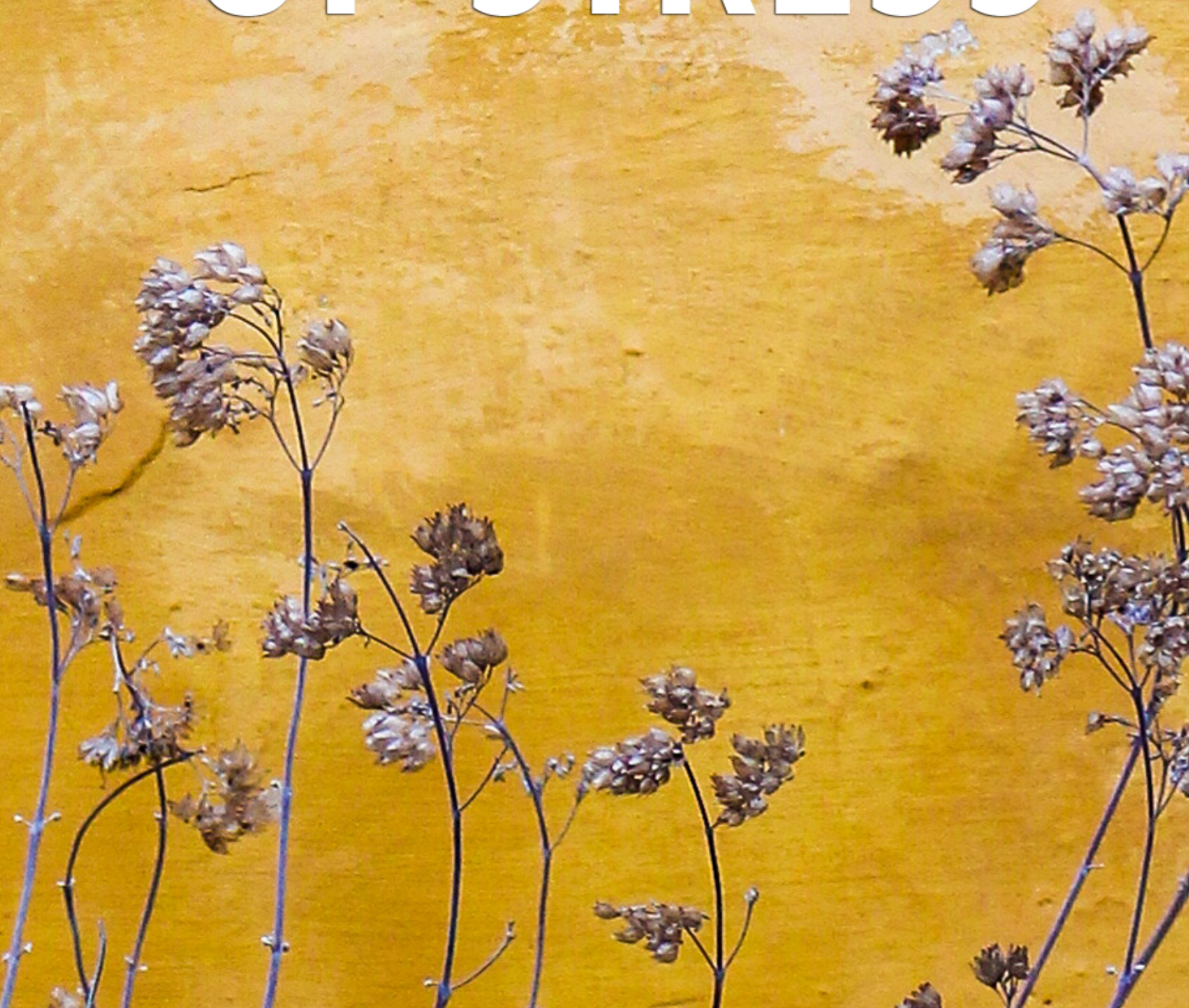


# 5 QUICK WAYS TO CLEAR YOUR MIND OF STRESS





Being an entrepreneur isn't an easy calling. There are constant ups and downs, and some days it seems just get entirely out of hand. The workload is always heavy, and the emails continue to flood into your inbox, and you often feel as though everything that could possibly go wrong is exploding in your face.

The pace you set every day often seems frantic, and the constant interruptions disrupt your actions, as well as your focus.

***You will continuously face obstacles, unplanned roadblocks, setbacks, and arguments.***

You are moving so fast, trying to get everything done, that you end your day feeling sloppy and unproductive. All of this undoubtedly contributes to one thing – stress, and a lot of it.

While you can't altogether avoid stress, you are an entrepreneur, after all, allowing it to build up and consume you will eventually lead you to have a complete breakdown.

While small amounts of stress can be beneficial and help you accomplish your goals, larger, chronic amounts can be dangerous.

Having a clear mind, free from mental clutter and stress is a healthy and productive mind. Here are five quick and simple ways that you can clear your mind of stress and gain the mental clarity you need to become a successful entrepreneur.

## Get More Sleep

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You can never over-emphasize how getting enough sleep every night can be a quick and easy solution to managing stress. When you become stressed, your body releases the hormone cortisol into your bloodstream. When you have elevated levels of cortisol for extended periods, it can significantly affect your health.

When you can get the recommended seven to eight hours of sleep a night, you can lower the cortisol levels in your blood.

However, as an entrepreneur, it can be challenging to get the rest necessary to keep stress at bay, which only makes your stress levels rise. Having a few relaxation techniques in your mental toolkit can help you get more sleep.

If you find that you are having trouble getting the recommended amount of sleep, try spending time every night practicing mindfulness meditation.

***Mindfulness meditation involves taking time to be aware of your thoughts and physical body and accepting rather than judging those feelings and thoughts.***

A study conducted in 2015, found that people who practice mindfulness meditation regularly found an improvement in their sleep, as well as decreased depressive symptoms, and fatigue after just six weeks, compared to those who don't practice.

The best part about mindfulness meditation is that it can be practiced at any time during the day to help you relieve stress.

## Get More Exercise

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If you want your body to function correctly, including being able to manage stress effectively, exercise is the key.

Participating in regular physical activity is a great way to bust stress because it forces your brain to focus on something else temporarily.

At the same time, when you exercise your body releases endorphins, the hormones associated with feeling good, into your blood which instantly elevates your mood and displaces your stress.

As an entrepreneur with a full plate, you probably think that you don't have the time to spend hours at the gym every day. The good news is that even just getting out of the office and taking a quick 20-minute walk can help to alleviate stress.

Virtually any form of exercise from yoga to aerobics can help to reduce stress from your life. Even if you're not an athlete or if you are out of shape, you can still make a little bit of physical activity go a long way in helping you manage stress.

If you haven't exercised in a while, make sure that you consult with your doctor before you begin a new exercise routine to ensure that you don't do more damage than good.

Don't think of exercise as just one more item on your to-do list, find an activity that you enjoy, whether it's playing an active tennis match or a quiet and reflective yoga session, just make sure that you make it a part of your routine.

***Any form of regular exercise can help you wind down and become an essential part of your stress management.***

## Talk to a Friend

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When stress creeps into your life because you have too much on your plate, you tend to forget other aspects of your life or brush them off because you don't believe that you have the time. What you may not know is that your social life plays an incredibly important part of your overall well-being.

When you find that you are overly stressed, it can do wonders to reach out to one of your closest friends and share with them what has you so stressed. While this undoubtedly depends entirely on the issue itself, opening up to a friend can do wonders.

While it might be easy to share with them that you are currently overworked, if your stress comes from personal issues, you may need to find a different avenue for letting it go, because bottling up the stress will only be to your detriment.

If you don't feel as though your friends can help with the issue, consider contacting a therapist for help. Therapists typically work on confidential terms, which means that

whatever you talk to them about will not be disclosed to anyone.

Whether you talk to a friend, a family member or a therapist, the important thing is to open up. Stress clogs the mind, and it will stop you from seeing things clearly and keeping you from being able to reason them out. When you talk to someone, you release this pressure from your mind.

## Slow Things Down

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Much of the stress that you are experiencing is a result of having a hectic and overloaded life. While this has become the norm in today's 24/7 society, you need to take care of yourself by trying to avoid doing too much.

When you have a long to-do list of tasks that you need to accomplish every day, you can soon find yourself feeling overwhelmed, which leads to an increase in your levels of stress. Planning for your work is a fundamental part of slowing things down.

***A typical mistake that many people make is saying 'yes' to everything that is put before them.***

This can quickly cause your days to get out of control. One way you can prevent this from happening is by learning how to say 'no' to requests and projects.

However, this can be easier said than done when you're an entrepreneur. If you find you have trouble turning requests down, you'll need to think of other ways to help you lighten your load.

If your to-do list seems never-ending, you need to take some time to prioritize those tasks that are the most important for your business.

Everything else that might be necessary for keeping your business running, but that doesn't contribute to the overall growth of your company can be delegated or outsourced to a professional.

Delegating and outsourcing tasks can help to free up more of your time, so you can not only focus on the critical aspects of your business so you have free time to do those things you enjoy, which can significantly reduce your stress.

## Take Supplements

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Over the years, the nutrient and mineral count in the foods you eat has reduced drastically, which means you should be



taking a supplement to ensure you are getting the essential vitamins and minerals in your body to keep you healthy and to help you manage your stress.

Many supplements are available today that can help you combat the stress in your life. Here are the three major ones that you should take every day as a part of a well-balanced diet.

- **Vitamin B Complex** – this supplement fights stress by helping to balance your mood, improving your immune system, producing more energy, and keeping your brain healthy.
- **L-Theanine** – is an amino acid that helps with relaxation. It can help you calm your body and mind without making you sleepy. It is excellent to take if you have a stressful morning or afternoon when you still need to finish some work.
- **Magnesium** – an essential mineral for many processes in your body, magnesium helps in the transmission of nerve impulses. Tense muscles are a reflexive response to stress when you have the right amount of magnesium levels in your body; your muscles will be relaxed and can help to prevent stress.

# Conclusion

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Stress is an everyday fact of life, but it isn't something that should never be ignored. As an entrepreneur, your life is hectic and filled with tasks that you have to complete to be successful.

However, when you're overly stressed, it can cause you to lose focus and makes it nearly impossible to be successful.

Implement these five quick solutions for clearing your mind and reducing stress and gain more mental clarity and achieve greater success.