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**This is How Business Leaders Deal with Stress**

It’s important to realise that there is a fairly normal and natural level of stress that comes with being invested in your work and the inevitable deadlines that employment requires.

This, however, doesn’t mean that you should just stomach an unreasonable amount of pressure and stress, as this path leads only to burnout. If you do feel like you’re battling a constant barrage of anxiety and stress, you need to face up to it and let your boss/HR know about it.

But what about the rest of us? Just because it’s normal, it doesn’t mean you have to suffer; there are things you can do to not only manage your stress, but actively overcome it. Leaders like Bill Gates and Kenneth Chennault have weathered every storm that has come their way with cool heads and proactive decisions.

But how do they do it?

**1. Face it head-on**

According to Amazon’s Jeff Bezos, the worst thing you can do to combat stress is run from it. Only by standing strong and facing the stress head on can you move through it. “Stress primarily comes from not taking action over something that you can have some control over,” the Amazon CEO said in an interview with Academy of Achievement. “I find as soon as I identify it, and make the first phone call, or send off the first email message, or whatever it is that we’re going to do to start to address that situation — even if it’s not solved — the mere fact that we’re addressing it dramatically reduces any stress that might come from it.”

**2. Take time for yourself**

How can you lead if you’re overloaded? It’s impossible to care for others if you can’t care for yourself, and that means taking time out of your busy schedule to relax and find some calm. “I think it’s really important to take time off,” YouTube CEO Susan Wojicki told *Today*. “And I’ve also found that sometimes you get really good insights by taking time off, too.”

**3. Get more sleep**

We’re constantly hearing about leaders that barely sleep, and spend that time working on their business or exercising. This simply isn’t sustainable for most people, and some leaders believe the opposite is true. “There is that special glow after a good night’s sleep when you feel really in the zone,” said Arianna Huffington in a 2013 interview. “You feel like, ‘Bring it on — you know I can handle anything!’”

**4. Find a work/ life balance**

Many leaders accept that when investing in a new project, their lives will be immersed in that project for the immediate future. However, it’s important to remember that you have a family and a life outside of work. “The entrepreneurial life is super hectic. Super unknown. Lots of crazy ups and downs,” said Indiegogo founder Slava Rubin in an interview with *The Observer*. “I think it’s helpful to find some grounding. So that while your start-up, while every start-up has its roller coaster experience, you’re able to stay grounded,” he added.

**5. Set deadlines, and stick to them**

Every business leader on the planet would agree that when it comes to staying sane in the corporate world, it all comes down to immaculate planning. Implementing an air-tight daily schedule will not only keep you on track and motivated, it will also break your workload down into manageable chunks. “I insist people on the Birchbox team indicate when they need a response in all emails. It makes prioritisation so much faster,” said Birchbox co-founder Katia Beauchamp, whilst talking to LifeHacker.

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