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# f 85 Ways to Battle Business Burn-out



Written By: Carol Roth

While we all begin our business endeavors with boundless energy and excitement, as time goes on and we get caught up in the day-to-day, the dreaded feelings of business burn-out can start to set in.

Since I was able to enjoy a sabbatical of my own for a couple of weeks, I thought it would make sense to give you some ways to refresh and renew. I reached out to the CarolRoth.com contributor network of entrepreneurs and experts to find out their best tips and suggestions for battling business burn-out. Their answers are presented below in no particular order.

You may notice some similar insights, but I kept the ideas separate, as something in the way one is framed may resonate

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## 1. Burn-Out? Receive More Energy!

When business burn-out occurs, this means that you are giving out more energy than you are receiving. One of the best ways to receive energy is to relax. You need to relax your body so vital energy can come into your mind-body system. You will be replenished and peppy again.

*Thanks to: Doris  
Jeanette of Doris  
Jeanette.*



## 2. Have Passport....Must Travel

With 2 new businesses in process, my life is a bit hectic. To prevent burnout, I



Oil and Water Don't Mix! Neither Do Sales and Marketing.

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Costa Rica. The 2 hour flight makes it perfect for a long weekend of rest.

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I travel there for 3 nights, and only 3 nights, every 6 weeks. I carry no laptop, no blackberry, no business reports, and no makeup. My backpack is my only bag. After daily massages and long hot tub soaks, I return refreshed, energized and ready to tackle the world again.

*Thanks to: Debi  
Einmo of White  
Glove Services LLC.*



### 3. Connect with Nature

Often, we are moving so fast that we don't realize how much time we are spending inside

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periodically visit  
the world outdoors.

Connecting with  
nature – simply  
letting the sun  
shine on your face,  
listening to the  
birds, listening to  
the flow of water  
through a stream,  
dam or waterfall  
can be wonderfully  
refreshing.

Yes, a trip to the  
spa might be fun,  
but you can often  
get the same sense  
of peace and  
restfulness from a  
park. Plus, it costs a  
lot less!

*Thanks to: Faith  
Fuqua-Purvis of  
Synergetic  
Solutions.*

#### 4. Working My Way Out of the Muck

A common cause  
of getting down in





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commitments. This leads to an unclear sense of priorities and also leads to me getting really snappy around everybody, because I'm overwhelmed and irritable. When I notice that this has happened, I generally look to see if there are any promises I can revoke without upsetting anyone or any timetables I can move back. If there aren't, I sometimes have to buckle down and lock myself in a room for a few hours.

*Thanks to: Dave  
Baldwin of Bottom  
Line.*

**5. New  
Perspectives?  
Twitter!**



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REAL TIME, what other people are doing. Share this experience; you may be surprised to learn that others are facing the same difficulties. Collaborate!

Don't be afraid to sit in on round-tables from the bottom of your company up.

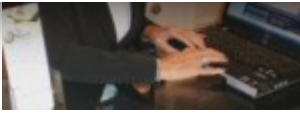
I always found that the bottom up method of managing identifies the difficulties at a grass roots level. Then, share this on Twitter for perspective!

*Thanks to: Warren Bobrow of Wild River Review.*

**6. Take a Day Off!**



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focus and attention  
24/7. My mind is  
constantly racing.

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Sometimes, I find it  
necessary to just  
stop- quiet my  
mind and take a  
day just for me.  
I divest myself of  
anything business  
related, spend time  
with my husband,  
family, or friends-  
no business calls  
allowed. Although I  
must confess, I'm  
not able to stay  
away from my  
email- still working  
on that one!

*Thanks to: Sharon  
Rosen of  
ShivaConnect.com.*



## 7. Meditate and Profit

Burnout, rejections  
and  
disappointments -  
all are a given in a  
growing business.  
No one can escape

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way to deal with these - Meditation. Do this the moment your thoughts turn negative. Breathe deeply, focus on the point between the eyebrows (this balances the left and right brain) and just let go of all thoughts. The reaction is IMMEDIATE. You feel more centered, calm and learn to surrender easily.

*Thanks to: Naini Nakagawa of Matchmyspirit.*



## 8. Get Me to Walk All Over You

I refresh myself and my clients using shiatsu therapy- I have a brief how to video on YouTube.

*Thanks to: Ernie Boxall of Balance Health and Fitness.*

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When I feel burnout setting in, I usually take a day to bake. I have always enjoyed cooking and baking and once considered opening my own restaurant or bakery. Baking for me is like gardening for others: it centers me and puts me back into a creative mindset. From there, I sit down with paper and a pen and begin to think about what can be dropped. What is stressing me out? What's on my daily to-do list that really doesn't need to be there? What can I ditch or pass over to someone else? Voila!

*Thanks to: Shara  
Lawrence-Weiss of  
Mommy Perks.*



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## Ahead

I know that feeling  
of hitting the wall,  
can't think straight!  
Just like a vehicle  
needs fuel to run,  
we all need to  
recharge when our  
batteries wear  
down. I like to call  
up a friend I've not  
seen for awhile and  
make a date to do  
our favorite activity,  
usually an outdoor  
casual wine and  
dinner cafe that  
has local  
musicians playing  
acoustic  
instruments. The  
combination of  
being outdoors  
with good friends,  
food and music  
fuels me right back  
to feeling upbeat  
and where I can  
achieve anything!

*Thanks to: Jane  
Morrison of  
Mastering Your  
Motivation.*

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## Success

Motivation, passion, and focus are challenging things to maintain over a long period of time. There is nothing wrong in taking a strategic break and scaling back the complex big picture goals that have been difficult to reach and are a source of exhaustion and burnout. Instead, focus can be dedicated to more easily achievable tactical goals where you are able to reward yourself for these smaller accomplishments.

*Thanks to: Michael  
Fekkes of ENLIGN  
Business Brokers.*

## 12. Deep Rest Rejuvenates

If you practice  
Transcendental



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you don't, learn TM  
and then go on a  
weekend residence  
course.

*Thanks to: Leonard  
Scott of Leonard  
Scott & Company.*

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### 13. Business Burnout Specialist

To keep fresh and  
focused, lead a  
balanced life. To do  
that, I use  
numerous  
techniques: During  
the day, I'll making  
phone calls while  
walking around the  
office. That little bit  
of adrenaline  
energizes me. I'll  
also make sure to  
get out of the office  
at lunch, maybe  
walk around the  
mall or have lunch  
with a friend. And  
there's always a  
mini-vacation!  
That could be an  
afternoon off to



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or a weekend  
getaway to the  
lake. Avoid Burnout  
by balancing life!

*Thanks to: Matt  
Hudgins of Mosaic  
Wealth  
Management, LLC.*



## 14. Attitude of Gratitude

I need to do this  
EVERYDAY, but  
especially when I  
am feeling burn-  
out and stressed.

Make a list of the  
things (and  
people) I am  
grateful for, mostly  
the people. Take  
the time out to let  
them know how  
much I appreciate  
them and what  
they do or have  
done for me.

When I have an  
"Attitude of  
Gratitude",  
everything seems

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the Solution, (not  
the Problem), and  
see the good in  
others.

It Frees my mind  
and soul to be  
more creative.

*Thanks to: Al Smith  
of Positive Attitude  
Solutions.*



## 15. Renew Your Mind and Focus

When I have felt  
business burn out, I  
find it nice to go  
through my initial  
planning  
documents. When  
we all first have our  
idea and begin the  
planning and  
design phase, our  
excitement is very  
high. If you spend  
some time  
reflecting back on  
how this business  
came to fruition, it  
helps me  
personally find that  
new drive and

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marketing,  
promotion and  
passion return to  
your conversations.

*Thanks to: Eric  
Tampellini of  
Arizona App Design.*



## 16. Change the Setting

My suggestion is simple but amazingly effective-- when burnout starts to creep in, change the backdrop of your workday by changing location. For example, if you find yourself having difficulty focusing at the office, grab your laptop and head to a coffee shop to work for a few hours. You may find that the new "energy" there is sufficiently different to give you a charge. Conversely, if your office is

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grab an audio  
recorder, and go  
for a hike.

*Thanks to: Nathan  
Beckord of  
VentureArchetypes  
LLC.*

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## 17. Sensational Surroundings

One method that works for me is to find opportunities each week to surround yourself with sensational people. People who are hard-working, driven and striving for success, just like you. Being in their presence, basking in their creativity, and tapping into their ambition will get you out of the routine rut you are in. The key is to schedule the time to do this and to vary the audience, so that you are

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you get excited to  
get back to work.

*Thanks to: Myles  
Miller of LeadUP.*



## 18. Bliss Triggers

This is from  
Anthony Robbins.  
Think of something  
that is sheer bliss  
for you: golf, skiing,  
or hugging a child.  
Create one quick  
physical motion  
that reminds you of  
that feeling: golf  
swing, pushing  
onto a slope, or  
arms out for hugs.  
Now, when you are  
'fried', take a deep  
breath, use your  
Bliss Trigger and  
feel the virtual bliss  
as you connect  
your hand/arm  
motion to your  
joyful memory. This  
is useful when you  
have 20 radio  
interviews in a row,  
back to back

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*Thanks to: Sally  
Franz of Geronto  
Communications.*



## 19. My Burn-out Remedy

I usually try a mix of these 3.

1. A warm shower: it relaxes the tensed muscles.

2. Sleep: I wake up renewed.

3. Read inspirational stories: it gets me rejuvenated.

*Thanks to: Bola  
Ajumobi of Slimy  
Bookworm.*



## 20. Get Out Your Pruning Shears

When you feel overwhelmed/overworked in your business, it's time to get out the pruning shears and get rid of the extras

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Evaluate your activities, projects and clients – what is working and what isn't? If you're spending too much time on projects that are unfulfilling or worse, not within your area of expertise, it's time to decide whether they're worth doing.

Regularly trim the excess and you'll save yourself from burn out.

*Thanks to: Crystal Coleman of The Northern Edge.*



## 21. Burning Reps When Burned Out

All of us feel that cringe of business burnout coming on. As one who has had more than his share of air trips around the world, I can assure you

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ends!



Scientists tell us  
that one sure way  
to combat  
exhaustion is  
physical exercise.  
There is nothing like  
a smooth set of  
reps in the gym to  
wake your body  
up- but what about  
your mind?

Sit back, take a  
deep breath, and  
close your eyes.  
Perform some  
cranial curls for a  
few minutes.

*Thanks to: Jerry  
Dollar of Jerry V.  
Dollar, Author,  
Blogger.*



## 22. Take a Technology Vacation

Whenever business  
burn out sets in  
there is one  
important thing  
you can do. Take a



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I know it seems difficult as you're reading this, but give it a try. For 24 to 48 hours, shut off your computer, turn off your cell phone and don't engage online. Just be who you are behind the mask of the computer and your devices.

When you return to your work-a-day world you'll feel refreshed, rejuvenated and ready to take on new challenges.

*Thanks to: Bill Gluth  
of Bill Gluth.com.*



## 23. Put it on Video!

When I experience a stint of burnout, I film a short (2-3 minute) video for my blog. Shooting a video allows me to exercise the

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and also gives me  
new multimedia  
content for my  
blog!

*Thanks to: Dallan  
Christensen of  
Whiteboard  
Business Partners.*

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## 24. Read to Refresh

When I begin to  
experience burn-  
out, often this is  
due to focusing too  
narrowly on my  
own thinking and  
ideas.

What I've found  
rejuvenates me  
during these times  
is the fresh  
perspective offered  
by forward-  
thinking authors  
like Daniel Pink,  
Seth Godin, and  
Malcolm Gladwell.

While I mostly read  
books outside of  
business hours, on

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particularly acute, I  
may open one of  
these books  
midday and, with  
highlighter in hand,  
begin to read - and  
refresh!



*Thanks to: Steve  
Curtin of Steve  
Curtin LLC.*



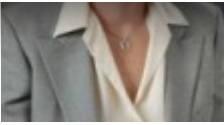
## 25. There's Nothing Like...

When things get  
stressful and  
burnout begins to  
rear its ugly head,  
there is nothing like  
an early afternoon  
off to the Spa for a  
one hour, deep  
tissue massage  
and pedicure. It  
relaxes the body,  
mind and spirit.

*Thanks to: Sherell  
Edwards of The  
Christian Women's  
Leadership Ex.*

## 26. Back to Basics

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What is my passion? For me, that is teaching and helping others grow their businesses through improved customer care. Always keeping that front and center gives me the lift I need on those days when all the details of running a business seem to overwhelm. See the dream. Feel the passion. Taking a break helps too. A 20-30 minute walk is rejuvenating and usually provides fresh insight into whatever it is that is bogging me down.

*Thanks to: Heidi  
McCarthy of  
Toughest  
Customer.*

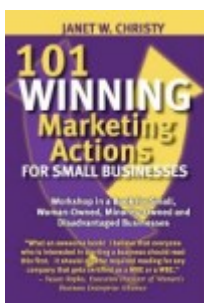
## 27. Refining My Focus

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main focus is to experience stress that depletes me. When I'm getting so harried and tired that I start to go off-track from my mission statement, I get emotionally/mentally/physically exhausted. Only when I stay focused on my objective (long-term) can I work and work hard (endlessly), because I'm energized by my vision and the process it takes to achieve it.

*Thanks to: Michele Howe of Prescription for Life.*



## 28. Take My Own Advice

I've written 2 books, regularly conduct workshops and do private consulting on marketing and

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enthusiasm, I take some of the advice from my own books and workshops. One of the primary objectives of my latest book is to break big things down into bite size pieces; this way I can take my own advice in pieces that are not overwhelming, since overwhelming definitely leads to burnout.

*Thanks to: Janet Christy of Leverage & Development, LLC.*



## 29. Regain Balance in Your Life

My one best tip for "How I Refresh and Renew When I am Burning Out in Business" is seek immediate balance in my life.

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are out of place in the entire scope of my life. At this point, I try to reevaluate those other areas that may be getting less attention and make the necessary adjustments. In making those changes, I prioritize my life and then make sure that I involve myself in hobbies and activities that I find rewarding and enjoyable.

*Thanks to: Kevin  
Benton of Kevin  
Benton Ministries.*



## 30. Sharpen the Saw

To recharge your energy and enthusiasm, get out of your normal routine. In my case, getting out of the office for two or

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only fun, but it gave me think time. I always came up with great ideas and solutions to issues when I was physically away from "the action". Taking time to "Sharpen your Saw" takes you away from every day stress and enables you to see things more clearly.

*Thanks to: Robert Papes of Papes Consulting.*



## 31. Breathing for Burnout!!

When you recognize the familiar anxiety of burnout approaching, it's time to start some deep breathing and centering exercises to clear the mind, body and soul. It takes no more than 5



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door or head  
outside if you're in  
a cubicle), close  
your eyes, take a  
deep breath, and  
let it out slowly. Let  
your mind go blank  
and then, start to  
focus on you! The  
more you breathe,  
the more relaxed  
you get and that  
anxious feeling of  
burnout will melt  
away!

*Thanks to: Brad  
Dude of Brad Dude  
& Associates.*



## 32. Extinguish Burn Out

When I've been  
overdoing it & feel  
the burn out  
coming, I like to  
throw a brunch or  
dinner party for my  
best pals and/or  
family. It's  
refreshing to put all  
of your  
concentration on  
something other

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preparing a fabulous, abundant meal and then sitting around the table, catching up with everyone's lives that puts everything in perspective & recharges my batteries – it's a mini-vacation! Plus, it feels great to indulge of your loved ones.

*Thanks to: Lizzy Shaw of Lizzy Shaw Public Relations.*



### 33. Renewed Focus

To refresh and renew in business, you must take a physical and mental break. This break can be taking a vacation or even a long weekend and doing nothing related to business. You can delegate

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coach/mastermind group to get suggestions on different ways to finish a specific project. Do not forget to take the mental few minute breaks daily to help with stress relief and a renewed mental focus.

*Thanks to: Carol Coots of Medical Consulting From A to Z, LLC.*



## 34. The Happiest Place on Earth

DISNEYLAND OR  
DISNEYWORLD...  
whichever is your  
flavor of choice.

Seriously, not only does the vacation recharge the batteries, but there is no other place that reminds me as well or as quickly

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marveling at the way each employee is ingrained with the corporate culture or the process it takes to make the dream a reality, no one does it better than DISNEY.

DISNEY shows me that we can always strive to do better and customer service is key!

*Thanks to: Ben  
Baker of CMYK  
Solutions Inc.*



## 35. Burnout Blues

I exercise 7 days a week, so that reduces a lot of stress. Also, I have a dog and 2 cats and they keep me centered as well. So, those are my best practices to stop any kind of burnout. Some

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but to me, they  
keep me sane and  
smiling.

*Thanks to: Gayle  
Carson of Carson  
Research Center.*



### 36. Talk to Students

I refresh myself by telling my story to students. Sharing life experiences with those still in the dream phase of their careers is motivating for me. It reminds me how much I have done over the years and how much farther I want to go. Yes, life is a journey, not a destination. It is traveled one step at a time and every step offers new opportunities and new people. It may be exhausting at times, but it is also exhilarating to realize that every

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THANKS TO: VICKI

Donlan of  
VickiDonlan.



### 37. Eating, Sleeping, Relaxation

Life is based on rhythms. There are rhythms of mind and body such as eating, sleeping and exercise. The drive to get things done often disturbs these rhythms. I always start with keeping sleep patterns under control and making sure that I'm eating on a healthy schedule. Next comes regular meditation, which becomes easier when the other two rhythms are intact. Regular and consistent contact with that place of deep inner stillness creates a momentum that

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THANKS TO: TOM VON

*Deck of Monkey*

*Wisdom Workplace*

*Meditation .*



### 38. Get Outta Here!

When I need to feel renewed or to refresh my business, I find that I need to get away—basically, anything that takes me out of my "normal" day and away from the computer. I've used the coffee shop, the local park, lunch with a friend, or even a weekend away to change up the stagnant energy. In fact, my husband and I just returned from a business retreat where we mulled over our visions for our businesses. It was exactly what we needed...that change of environment to re-

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*THANKS TO: Katy  
Tafoya of Success  
for Solopreneurs.*



### 39. Time to Boost Your Business?

The best way to get a business boost and a new influx of energy is to surround yourself with other successful business owners who care about the community. Rotary Clubs are a good example of people helping people. If you don't know anyone in a Rotary Club, call a local Club and ask if you could attend their next meeting. I guarantee you'll meet inspiring people who care and, by networking, someone there might have solutions to the



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THANKS TO: *Glennda  
Standeven of  
Choosing to Smile  
Publications.*



## 40. Watch a Child Enjoy Life!

If I love what I do, there would be no burnout. How wrong! My advice? Single, no children, loving what I do -- is a recipe for burnout. So, once a month, I borrow a 5 year old and do what he likes doing. Just watching him enjoy the little things in life is energizing. Another thing I do is pull out my "Serenity Cards". Create your own cards (or list) when life is serene. Then, when things get out of hand -- for any reason -- just remember 1 thing -- FIND YOUR

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THANKS TO: MANDY  
Marsala of  
*Elevating Your  
Business.*



## 41. Secrets to Rejuvenation

We all face burnout. It's not fun. Instead of pushing harder to get through it, here's what works for me:

1. Admit that you're tired and worn out.
2. Rest body, mind and soul – unplug and take a day off to rest. In the Bible, Jesus says "turn to me all you who are weary and need rest", so I meditate on this.
3. Do something fun with friends or family.

When back at work, get an easy win. Grow confidence by progressively going from easy wins to harder wins.

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*Thanks to: Chris*

*Goegan of  
Engineered  
Marketing  
Solutions.*



## 42. Beware of the Unknown

Revamp your business model and your mission. Replenish on fresh and innovative ideas to attract new customers and inspire old customers to be repetitive consumers.

*Thanks to: Sharron  
Dark of Serving  
Your Unmet Needs.*



## 43. Rest, Relax & Rejuvenate

Business burnout usually means that you're not taking enough time off, getting enough rest or having time away that takes

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relaxing for one  
may not be for  
another, but  
whatever you  
choose should be  
something that  
requires you to be  
100% there. I lean  
toward physical  
activity for this  
reason. Nothing is  
better than a kayak  
on the water or a  
30 minute break  
shooting hoops. I  
know others who  
read, ski, etc. And,  
finally, you have to  
take days off when  
you don't work!

*Thanks to: Diane  
Conklin of  
Complete  
Marketing Systems.*



## 44. Run Away from Home!

Avoid burnout by  
changing your  
"geography"! Go to  
a yoga class. Walk  
around the block.  
Change your



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refreshed.



At least quarterly  
(monthly is better),  
take a total  
strategic retreat  
day somewhere – a  
retreat center, a  
library, a park –  
anyplace where  
you can be in the  
quiet, recharge and  
refuel. I get some of  
my best ideas and  
do my best  
planning work  
during these  
retreats – and  
come back with  
enough energy to  
make the ideas  
happen!

*Thanks to: Elene  
Cafasso of  
Enerpace, Inc.  
Executive  
Coaching.*

## 45. S.W.O.T. Yourself!

The stages of  
business can have  
you pulling your

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or simply wanting to give up. Resetting the "Refresh/Renew" button at the various business transitional stages can make anyone feel better and be more productive. To get that well deserved "R&R", doing a personal and business S.W.O.T Analysis is vital. Knowing your Strengths, Weaknesses, Opportunities, and Threats can make a difference to the path you take to success.

*Thanks to: Karlene Sinclair-Robinson of [www.smallbusinessfundingguide.com](http://www.smallbusinessfundingguide.com).*

## 46. Burning Out? Light Your Fires!

When you feel that you are burning



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up? If you're upset, for example, about waste, your feelings could motivate you to anti-waste activism. Often, our do-good efforts offset the burnout and ennui that plagues us all from time to time.

2) What lights my fire? Examine your passions. They may lead you to new undertakings-- undertakings that could effectively negate the burnout.

*Thanks to: Marlene Caroselli of Center for Professional Development.*



## 47. Meditate

When I am stressed or feeling burned out, I can take a quick vacation from the overload by meditating. The practice of taking

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me to refresh and  
renew simply and  
quickly without  
waiting for the time  
or money for an  
actual vacation.  
The anxiety I was  
experiencing prior  
to meditation  
magically  
disappears. I return  
to a state of calm  
and confidence  
and accomplish  
the necessary  
easier and more  
effortlessly than  
before the  
meditation.

*Thanks to: Joy  
Pedersen of Express  
Success.*



## 48. Throw a Party!

To combat  
business burn-out,  
our company  
throws parties!

We are a Silicon  
Valley tech start-  
up and wanted to



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sought recognition in that community for what we believed to be a great product. So, we hosted a party that included all of the hottest tech start-ups – more than 400 people showed up, and it was a huge success.

We would encourage any business to host a party or event when they feel the onset of business burn-out.

*Thanks to: Sander Daniels of Thumbtack.com.*



## 49. Un-Plug to Avoid Burn-Out

Take the day off & get 'un-plugged'. I go to our cottage on the Lake (cell service isn't

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get some exercise  
the night before –  
helps get rid of that  
burnout feeling;  
meditate/pray  
before going to  
bed so I'm totally  
relaxed; wake up  
the next morning  
when my internal  
clock tells me to;  
spend the day  
outdoors puttering  
in the yard,  
enjoying activities  
on the water,  
reading a book,  
bird-watching, or  
going for leisurely  
walks in nature.

*Thanks to: Tracey  
Fieber of Tracey  
Fieber Business  
Solutions.*



## 50. Rediscover Your Mojo of Flow

I ask whether it is a  
lack of energy  
(mojo!) or a lack of  
flow. I have about

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is to have my Bars  
run (an Access  
Consciousness  
bodywork process).  
It defrags my  
'hard-drive'  
physically and  
mentally, so I feel  
revived, creative  
and relaxed. If I  
have a lack of flow,  
I write a list of to-  
do's (so my mind  
can relax) and then  
I do something  
creative or go  
somewhere  
inspiring. In BEing  
not DOing, I  
generate fresh  
perspectives. Mojo  
+ Flow = Business  
Bliss!

*Thanks to: Lisa  
Murray of Revive  
Business Coaching.*



## 51. Rest/Restore/Re- engage

When I started out, I  
stayed "on" all the  
time. I worked 24/7

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unexplained achy joints and daily migraines. As it turned out, my kidneys were failing, which was symptomatic of a bigger issue of general exhaustion. So, I rested for a week, and then I gradually restored my interest in entrepreneurship by connecting with other entrepreneurs. Now, I am re-engaged in business with a mindful eye on when it's time to rest--restore--re-engage.

*Thanks to:  
Tamboura Gaskins  
of Creative  
Management  
Enterprises.*

**52. Laugh  
From the  
Belly**

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whatever you need  
to do to  
spontaneously  
erupt in an  
authentic peel of  
laughter, so strong  
it makes your sides  
hurt.



*Thanks to: Paula  
Pant of  
AffordAnything.org.*



## 53. I Hit the Bike

Exercise always  
helps me fight off  
burn out. My  
favorite form of  
exercise is  
bicycling. I'm lucky;  
I live in Denver  
where we have a  
whole lot of great  
bike trails. I love  
biking because it is  
low impact and  
fun. I'm a slow  
runner. If I run for  
an hour, I feel as if I  
haven't gotten  
anywhere. But  
when I put in an  
hour on my bike,

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get into a rhythm  
that helps me relax  
and clear my mind.  
I return from my  
bike rides refreshed  
and ready to go.



*Thanks to: Bud  
Bilanich of The  
Common Sense  
Guy.*



## 54. Back in Balance

Whenever I feel my life getting out of balance, I sit down and make a list of all the ways I spend my time during my waking hours, everything over and above a standard eight hour work day. I rank the list in order of the amount of time I spend on each. Next to that list, I write down the five things I consider the most important in my

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*THANKS TO: Barry  
Maher of Barry  
Maher &  
Associates.*



## 55. Unplug to Recharge

My suggestion isn't earth shattering, but the reasoning behind it is deeper than most realize: take a week off!

People who take regular vacations enjoy:

- Fewer feelings of tiredness, anxiety, burn-out, and depression
- Higher interest in work and higher productivity
- Lower risk of stroke and heart disease
- Higher satisfaction with their marriages

Just like a tire rotation or a professional teeth cleaning, semi-annual vacations

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optimally.

*Thanks to: Marie-  
Josee Shaar of  
Smarts and  
Stamina.*

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## 56. Step Back and Breathe

When the mind burns out, many of us decide to just put in more hours. That doesn't work. Burnout renders you ineffective. It impairs judgment. When you feel yourself burning out, you need to take a step back. Get away. We all have excuses why we can't. The fact is, we need to look for excuses for why we can. Otherwise, the burnout will be complete.

*Thanks to: Mike  
Saxton of Science  
Fiction Author.*



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The fastest way  
that I get  
reconnected to  
what's important is  
in the garden.  
Nurturing  
something to grow  
forces your mind to  
think of something  
other than itself.  
You sweat, you get  
dirty, and you  
create an  
environment that  
allows something  
to live. In doing that  
on a regular basis, I  
find it feeds my  
soul. It gets me  
back to the basics  
of what is needed  
to sustain life.

*Thanks to: Tim Lacy.*



## 58. Overdraft Protection

Burn out occurs  
when your spiritual,  
mental and  
physical accounts  
are overdrawn.  
Remain refreshed  
by balancing your

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input. When your schedule is more hectic, you need MORE down time to rest, recover, and replenish. With a little more effort, you can protect yourself from the penalties of an overdrawn business life...down time is whatever you do to pause and bring strength, comfort and peace to you.

*Thanks to: Troy  
Campbell of  
TROYBOY  
INTERNATIONAL.*



## 59. Stand on My Head

Physical activity and time with my kids (I often combine the two) clears my head. I have a yoga mat rolled up under the sofa in my office and I start the day

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the double stroller  
and I take them to  
a park, getting in a  
5 mile walk or jog.

*Thanks to: Kim  
Mohiuddin of Movin'  
On Up Resumes.*

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## 60. Light the Fire

Jump up and down  
and scream, "Life is  
not fair!!!" stick your  
head in the sand  
and declare, "I  
can't." or figure out  
WHAT in your life  
and business is not  
working and vow to  
change it.

Burn-out comes  
from doing more  
and more while  
receiving less and  
less. Change this  
insanity with one  
simple step-  
measure every  
marketing  
endeavor. If the  
marketing  
produces a positive

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activity.

Live the life you  
choose.

*Thanks to: Sharon  
Nash of Free To  
Spend.*



## 61. Perception is Reality

How you perceive  
your situation is the  
reality it will  
become. If your  
perception is that  
the deck is stacked  
against you and  
there's nothing you  
can do, then that's  
how it will be. But if  
you perceive that  
you have the ability  
to move forward,  
solve your  
problems and  
reach your goals,  
then that's exactly  
what will happen;  
your belief will  
make it so.  
Perception  
becomes reality

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*THANKS TO: PATRICK*

*Astre of Patrick P.*

*Astre, CFP, EA, FC.*

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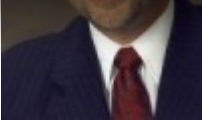
## 62. Mesmerize Your Money Maker

As a certified hypnotherapist and business success coach, of course I have to use hypnosis to recharge my batteries. Not only is it effective for stress relief, I am able to condition my mind to operate more effectively (and attract more money). What entrepreneur doesn't want that?

*Thanks to: Alicia  
Cramer of Wausau  
Hypnotherapy LLC.*

## 63. Count the Wins!

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you are going through a difficult challenge in your business. Celebrate why you do what you do! Remember all the successes, the happy clients and the praise. When you remember why you are doing what you love, it is easier to pick yourself up and get things going again. So, review those letters of appreciation, the huge challenge you overcame, the happy customers, and the opportunities that are ahead of you. You'll feel refreshed in no time!

*Thanks to: Dan  
Paulson of InVision  
Business  
Development.*

**64. Stop  
Business  
Burnout!**

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**LifeChanging  
Coaching™**



strategy for preventing business burnout is to promote a comfortable and friendly atmosphere at work. The legend of separating home-life from work-life and is just that, a legend. You can't be the rabbit in this race. There is no quick fix to solve your exhaustion. Having good relationships with your co-workers is the best and most effective way to fighting business burnout. It will feel less like work when you are with your friends.

*Thanks to: Paul  
Edward of Life-  
Changing  
Coaching.*

**65. Dump  
Your Bucket  
& Relax**

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empty my brain of all my ideas. I write one idea per note pad and then post them on my office wall. When they are all stuck to the wall, they are much easier for me to move into categories and determine what ideas I like, the ones I'm working on, and the ones that are likely back-burners. After this step, I can put a planning timeline together to determine what, when, where and how to bring the idea to fruition. Then, I take the day off!

*Thanks to: Cena  
Block of  
[www.sanespaces.com](http://www.sanespaces.com).*

66. I "W - E -  
A - N"  
Myself...



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HANDLE  
MY TASK

emotional  
cleansing.

2. Eat – The quality of food decreases in proportion to the burnout depth...But I never allow myself to feel guilty for this particularly hard-earned consumption.

3. Argue – I'll debate politics, current events, anything thought-provoking with friends, family, or even myself, just to activate lazy brain cells.

4. Nap – Nothing resets the body better than a long slumber...Sometimes, I just simply need rest.

*Thanks to: Misha  
Garafalo of Handle  
My Task.*



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My mind is active enough, without it bouncing off the never ceasing bombardment of stimuli around me like a pinball. When I'm reaching the point of over-saturation in my business and need a break, I must completely unplug to achieve some refreshing tranquility. Being alone with nothing but my thoughts, whether on a distant beach or in my den, allows me to refocus on only my highest priorities. The rest is merely noise, on which it's easy to waste precious attention, and limit my potential.

*Thanks to: Dr.  
Shannon Reece of*

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## 68. Pick a Day...ANY DAY!

You gotta be as deliberate about taking care of YOU as you are about taking care of your business! So pick a day, ANY DAY, every week. What do you want to do? Where do you want to go? And DO IT! I used to take every Tuesday...Yep! Right in the middle of the week. Don't think it'll work? Try it and see how much more energy, focus and enthusiasm you have when your business works within YOUR schedule instead of the other way around! The practice works for long weekends every month too!

*Thanks to: Dr. Tom  
Taylor of Victory For*

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## Tranquility Cocktail!

Drink a Tranquility Cocktail: Take an 8 ounce glass of water, a cal/mag/D, a Passion Flower (an herb to ease the mind), a Valerian (an herb to ease the body), sit back, close your eyes, thump your upper chest 1/2" below that little V in your neck, and notice how quickly you unwind! The "thymus thump" activates the thymus gland which instantly sends out a substance to calm you and increase your immunity! It enhances the natural tranquility created by your Tranquility Cocktail.

*Thanks to: Sheila  
Van Houten of New*



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## 70. Burnout to Balance

Take time off! Go on a vacation when possible~ No internet, phones etc and relax, sight see, do nothing, whatever a vacation means to you. If leaving isn't possible, go on an overnight. Scale down the size as the possibilities become smaller. Taking time to refresh and recharge is really important to maintaining balance and lowering stress levels, which is clearly indicated in order to think clearly and make good decisions. Have fun and be in nature if you can...

*Thanks to: Eileen  
Lichtenstein of*

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## 71. Conceive

Whenever I sense burnout setting in, I find someone else to ask for help. My burn-out sets in because I have outrun my headlights and tried to do more than I am physically capable of. Like a tree standing alone in a snow storm, I break up. I move to talk over my situation or gain clarity from my coach. I become one tree in a forest of trees, leaning my work-heavy branches on another for support. The weight of burnout lifts and I move forward to conceive a work positive lifestyle again.

*Thanks to: Dr. Joey  
Faucette of Listen  
to Life.*

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When burnout sets in, I sneak out and go to the movies! It never fails to take my mind off of things and get my creativity going again.



I always get back to work feeling motivated and ready to tackle new challenges. I have been thinking of scheduling one in now & then!

*Thanks to: Barbara Roehler of BR Innovations LLC.*



## 73. Staying Fresh

It was the scene in the picture "The Hustler".

Minnesota Fats (pool shark J. Gleason) was being devastated by new comer pool shark, Fast Eddie (P Newman). Into the

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over & Fast Eddie was rejoicing. At some point, Fats stops, orders some food, goes into the bathroom, washes & totally refreshes with a new shirt, tie, a suit jacket- comes out, puts some powder on his hands & says " Eddie lets shoot some pool" . He was totally refreshed & wiped out Eddie.

*Thanks to: Harris Glasser of Serving The People Press.*



## 74. Recharge by Review

Stress, exhaustion etc. are often the outcomes of focus loss. Take time to review your core values, long term objectives, internal motivators and why you chose them. Are they still



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enthusiasm. If these seem out of place or not fitting, reevaluate, reset and recharge. Doing this once a quarter can minimize the "burn-out". Do more often if needed! This should also help you clear the "clutter" that is bogging you down.

*Thanks to: Harlan Goerger of AskHG - H. Goerger & Associates.*



## 75. Work Ahead

One storm that is better than a thunderstorm is a brainstorm. I do this to collect ideas so that when the ones I'm working on become stale or no longer effective, I have some inspiration I can always turn to.

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## 76. Brain vs. Brawn

When my brain begins to turn into mush, I seek out short-term, physically challenging, part-time jobs to provide me with a different perspective. I worked as a barista, retail clerk, baseball parking pass seller (try standing out in the rain/wind/heat for four hours with a two-pound apron holding rolls of tickets and wet money when it rains!) and bartending jobs. Once the stint is over, I appreciate the restful times of writing at the computer in the warm, dry office with hot coffee at-hand.

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*Marketing Service.*



## 77. Avoid Burnout with Burnouts

Since most of us are "ON" 24/7, we rarely disconnect. I get into my 1971 mini cooper & drive as fast as possible on an Auto-X track to avoid burnout. I love speed & this is the one place there is only a fast lane & no cops. It's the antithesis of work for the most part. No multi-tasking, no other people- just you & the track. You do however, have to apply some entrepreneurial skills, so don't get caught up in what you're doing without envisioning the next turn or you'll end up way off course.

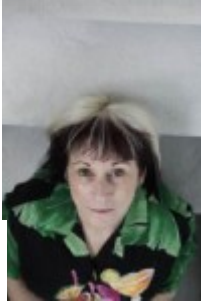
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## 78. Play-Doh to the Rescue!

As a leadership consultant and corporate facilitator, I use Play-Doh in several of my programs and workshops. Working with Play-Doh allows adult learners to circumvent the critical, logical "side" of their brain and experience the joy of pure exploration and creativity. When I feel business burn-out setting in, I too reach for tubs of the colorful, clay-like compound, turn off my analytical brain, and let my hands take over. In short, I play! I find it amazingly therapeutic and cathartic.

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## 79. Put Spaces Between Thoughts

Incubation is the most important part of the Creative Process. When you're lagged, burned, and dragging, put spaces between your thoughts. Vacations are nice, but you don't need to go that far. Blank out. Meditate. Walk. Drive with the music on. Loud. Make love. Think about nothing, anything but business. There's a reason Eureka! moments happen in the shower. Those ideas, thoughts, solutions will start to flow again as long as you don't try to force them. Your

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THANKS TO: DOREEN

Dvorin,  
Writer/Strategist of  
dba Kamikaze  
Creative.



## 80. Clap Your Hands

I find spending time with my nieces Clare & Emma and nephew Max the perfect answer. We have fun, are spontaneous and really use our creativity. There is nothing like seeing a toddler shriek with joy when singing "If you're happy and you know it." Being around children reminds me that you need to have a balance between work and play. They see fun and opportunity; they don't tell themselves why they can't do

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refocus.

*Thanks to: Julie  
Seibert of Healing  
through  
Organization.*

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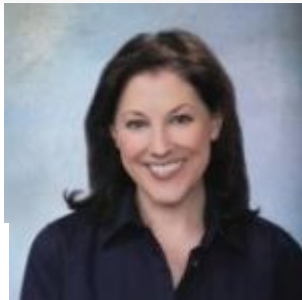
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## 81. Read Rocket Science

Here's what helps me break out of the burnout: Hit the nearest Library or bookstore, go to any section but business & read a few pages of a random book. You'd be surprised at how powerful Arts, History, Literature, or even Cooking books can be and not just to change your mood, but to help you get a totally new perspective or knowledge about something that you may or may not have known otherwise.

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## 82. Revisit Your Roots

Burnout is our business' way of telling us to stop for a pulse check and revise plans accordingly. If you are feeling fried because business is booming, now may be the time to hire an assistant while you focus on scaling the business, so that you can step out of the day-to-day. If you've had it because despite your sweat and tears, you are going no place fast, revisit your business objective. Still viable? Find a new approach and plow ahead. Not making sense? No longer fun? Buck up and move on.



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## *Media Survival Guide.*



### 83. Crank it Up!!!



I'll crank up some great music that charges me up and think of all the people that said I couldn't do it, or are standing in the background waiting for me to fall on my face. This, in combination with the music, helps me get my perspective, drive and determination back. There's nothing better than to persevere and keep moving forward with a smile!

*Thanks to: Carol  
Peden of Kitchens  
of Woodbury.*

### 84. Stress Song!

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"Take Me Out to the Ball Game..." which absolutely draws on right-brain relaxation... new man/woman! (This tune can be heard on a Youtube video on our website).



*Thanks to: Tim McHeffey of Solvingstickypeopleproblems.com.*



## 85. Joseph Will Get You Through

If you are experiencing burn-out, begin writing non-stop as fast as possible for 10 minutes while focusing on your current situation. What is burning you out? Why is it that you are burnt-out? List all of the reasons you are experiencing the feeling of burnout. Once you are done writing, shred the

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cleansing process  
is to leave  
everything behind –  
cell phone,  
blackberry,  
anything that could  
take your attention,  
and go for a 30-  
minute brisk walk.

*Thanks to: Joseph  
Andreula of CKO  
Kickboxing.*

Do you have another tip that wasn't included? If you do, please share it below. And as always, many thanks to everyone that contributed to this article!



Article written by Carol Roth

Follow @caroljsroth

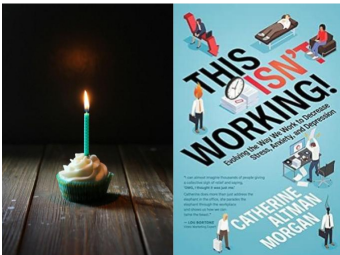
Carol Roth is a national media personality, 'recovering' investment banker, investor, speaker and author of the New York Times bestselling book, The Entrepreneur Equation. She is a judge on the Mark Burnett (Shark Tank, The Voice, Survivor, The Apprentice) produced technology competition series, America's Greatest Makers, airing on TBS and Host of Microsoft's

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events talk show on WGN Radio, one of the top stations in the country, and a contributor to CNBC, as well as a frequent guest on Fox News, CNN, Fox Business and other stations. Carol's multimedia commentary covers business and the economy, current events, politics and pop culture topics. Carol has helped her clients complete more than \$2 billion in capital raising and M&A transactions. She is a Top 100 Small Business Influencer (2011-2015) and has her own action figure. Twitter: @CarolJSRoth

## Latest Posts:



### My Book Was Published One Year Ago

Written By: Catherine Morgan

My book was published one year ago yesterday. Yes, my brain child; This Isn't Working! Evolving the Way We Work to Decrease Stress, Anxiety, and Depression; was published on

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starry eyed and filled with excitement and possibility. Author friends and other thought leaders were incredibly supportive. My blurbs were fantastic. If you don't know, I dedicated my book to Carol Roth. Without her and her support, it would not have been possible. Here is what Carol said about This Isn't Working! Yes, Carol said...



## My Coaching Group as a Proxy

Written By: Catherine Morgan

As renowned coach Martha Beck said in this article, "As every life coach knows, the way we do anything is the way we do everything." One of the best things I have done for me and for my clients is create a job search coaching group that meets twice a week. We

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days in a dog  
headspace. After  
almost three years,  
here's what I can  
tell you: The people  
who make  
attending a priority  
get a ton of  
support and value.  
I have been  
wanting...



## Inside Scoop on Running a Doggy Daycare with Bob Duncan

Written By: Catherine  
Morgan

If you love dogs,  
you may have  
thought about  
being in a business  
where you could  
spend more of your  
time with dogs. You  
may have even  
considered starting  
a dog walking  
service or a dog  
grooming business  
– or maybe even a  
doggy daycare. I  
put on my  
consultant hat and  
talked with Bob  
Duncan who is the  
owner of Dog Days  
of West Hartford in  
Connecticut.

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existing business where he had been a customer. This was a smart move because he understood his customers since he...



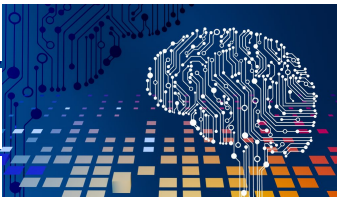
## Morgan Rabas on How to Hire the Right Sales Rep for Your Business

Written By: Catherine Morgan

In this video, I put on my business consultant hat and talked with sales leader Morgan Rabas, who shared her best advice for how small business owners can hire the right sales rep. We began our conversation talking about what you need to know in your business before you hire a sales rep. You have to be realistic regarding the current state of lead generation and understand your lead conversion rates in

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compensation for  
the sales rep. We  
talked about the  
different types of  
sales reps you  
might need,  
depending on the...



## 5 Ways To Grow Your Small Business Using AI in 2024

Written By: Chuks  
Chukwuemeka

2023 was a banger for artificial intelligence (AI), as the technology spread like wildfire, penetrating all aspects of human endeavor. 2024 is here and predictions are that it will play a major role in the business world, especially in the United States, as small businesses are expected to leverage it to grow at a faster rate. You probably have heard of AI, but you may not know how it can help you as a small business owner. In this post, I will share 5



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Customer insight ...

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