

# Business Connect

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## Take the pressure down: Look after your mental health.

Running a small business, and the many hats you have to wear as part of the job, can take a toll. When you're responsible for customer satisfaction and for the income of others, small business owners can suffer great stress. Here are some simple tips that can help, and sites to find practical support for you and your staff.

Consider the priorities you have as a business owner. Customers must be kept happy. Staff and suppliers require constant attention. Accounting software demands data entry, stock must be ordered, social media posts must be written, and so much more.

Often the lowest priority is you. That can be very unhealthy.

At best, this situation causes stress. At worst, it seriously affects your wellbeing, your performance and your business. So what can be done?

### 1. Commit to a healthy work environment

Accept the problem and commit to doing something about it. Figure out what causes stress for you and in your workplace so you can recognise it.

### 2. Model excellent behaviour

Put time in your diary for the things you enjoy and commit to doing them with someone who will hold you accountable. Keep your workload and work hours in check and set times when your phone and emails are turned off.

### 3. Balance long hours with relaxation

Take regular breaks and holidays. After a week of hard slog, make sure you take time to relax and unwind.

### 4. Stay physically healthy

There are many connections between physical health and mental/emotional health. Make time for regular exercise.

### 5. Know where to find support

This might be a business mentor or a mental health support organisation.

### 6. Remember it's ok to not be ok

When you achieve a good balance, you and your staff will be happier, healthier and more productive. If you need help, there are plenty of places you can find support.



## WHERE TO FIND SUPPORT

### [nsw.gov.au](https://nsw.gov.au)

Resources and free programs to support mentally healthy workplaces and general wellbeing

### [safework.nsw.gov.au](https://safework.nsw.gov.au)

Well-stocked resources library, including strategies for workplace mental health

### [aheadforbusiness.org.au](https://aheadforbusiness.org.au)

Information, programs and interventions that can help with planning, managing everyday business stressors and taking action for mental health challenges

### [beyondblue.org.au](https://beyondblue.org.au)

Toolkits, strategies, research papers and advice for better mental health at work

### [headsup.org.au](https://headsup.org.au)

Valuable information, training programs and resources for small business

### [business.nsw.gov.au/businessconnect](https://business.nsw.gov.au/businessconnect)

Connect with a business advisor for guidance around managing your workload

Business Connect supports businesses to start, run, adapt or grow by providing professional business advice and skills development events. Call **1300 134 359** today or register online at [business.nsw.gov.au/businessconnect](https://business.nsw.gov.au/businessconnect)

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