



Support for business owners navigating stress, uncertainty, and fatigue during a turnaround or recovery phase.

1. The Pressure is Real

- Running a business under stress affects sleep, confidence, and decision-making.
- It's normal to feel overwhelmed — but you can't pour from an empty cup.
- Taking care of yourself is a turnaround strategy, not a luxury.

2. Signs You're Running Low

- Trouble sleeping or switching off
- Snapping at people or avoiding important tasks
- Feeling numb or detached from the business
- Losing motivation, focus, or clarity

3. Rebuild Your Personal Baseline

- Block 30 mins a day for mental space — no screens, no noise.
- Get outside and move your body (even 10 mins).
- Eat and sleep consistently — these drive your thinking.
- Say no to new requests unless they directly improve cash or clarity.

4. Create a Personal Support Toolkit

- Who can you call when things feel heavy? List 2–3 names.
- What activities help you reset? (Music, journaling, walking)
- What have you overcome before — and how did you do it?

- What boundaries do you need to protect your energy this month?

5. Reset and Re-Engage

- Write down 3 things that still matter to you in the business.
- Reconnect with 1 client or team member who energises you.
- Pick 1 thing to simplify or stop doing this week.
- Schedule time for yourself — even if just once this week.