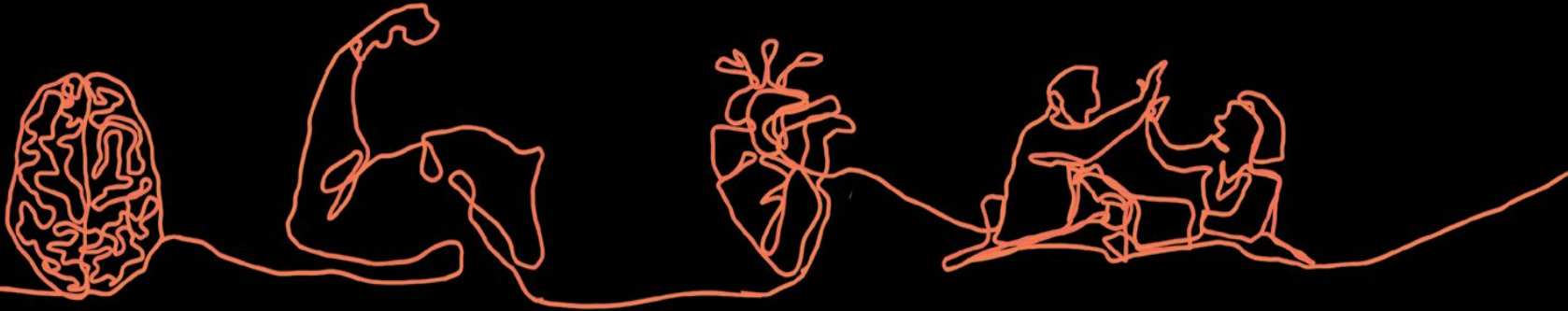


TECHBBQ_x today

TOOLS FOR YOUR DAILY LIFE



Tools For Your Daily Life

- The Perceived Stress Scale is one of the most widely used psychological instruments for measuring an individual's perception of their own stress levels.
- The questions are designed to reveal how unpredictable, uncontrollable, and overloaded respondents find their lives.

Creating Quality Self-Care Time

- Simply being outside of working hours **does not guarantee** meaningful recovery mental time.
- Try out the following advice to foster an environment **where you can truly recover and recharge.**

Set boundaries between your work and your life — and stick to them!

- Set time away from work every day where you can dedicate your focus to other aspects of your life. **Try turning off work related notifications during this time to avoid distractions.**
- Spend your time away from work with the people who are important to you. Research indicates that people who spent time caring for others showed absolutely no increase in stress-related risks in death.
 - In other words, **caring creates resilience.**

Practice Mindfulness Meditation

- Meditation has many benefits for founder performance, which you can see in Chapter 3 of our [Startup Founder Wellbeing Report](#).
- As an added benefit, practicing mindfulness also helps create a relaxing environment for founders to recharge. If you are new to meditation, try out guided meditation apps such as Calm, Headspace, or Insight Timer.

Spend time in nature!

- Studies show that simply being out in nature has many positive effects:
 - improved mood;
 - reduced feelings of stress or anger;
 - improved confidence and self-esteem;
 - Increased feelings of relaxation.
- **Structure your schedule** to incorporate time to walk or even work in nature when you can and take advantage of these benefits.

Remember to take it slow!

- Don't change everything all at once— it's just not sustainable.
- Make making small changes gradually, **just like you would make minimal viable changes to your product.**
- Pick one area at a time and focus on it for 30 days. Then, you can evaluate and reflect on whether that practice has resulted in any noticeable changes.

Remember to take it slow!

- Don't change everything all at once— it's just not sustainable.
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