

Recharge remedies for frazzled founders



Join (or create) a network of fellow founders, where you can talk openly about your struggles and support each another with tips and advice

Make time for at least one full week off every year, where you unplug the tech and don't engage with work at all



Train your people up to provide support when you need it

Diarise 'wellbeing hours' each week where you focus on an activity that brings you joy (whether that's a nature walk, an hour's rest, time with family, or lunch with friends)



Look at where you can delegate responsibilities: you might be a founder, but not everything has to rest on your shoulders

Book days off with the same regularity you'd expect your employees to



If you're unwell, being a founder doesn't make you superhuman: take time to rest and recover; otherwise you'll burn out completely

Accept that some days, you'll only be able to do the bare minimum – and that's okay



Give yourself at least one evening a week where you unplug from technology (more if you can manage it)

Free yourself from the pressure of perfectionism: perfect doesn't exist; you're doing your best (and smashing it!)

