

The Accountants Quick Guide To Reduce Stress and Overwhelm Right Now!

WHAT CAUSES STRESS AND OVERWHELM?

They are feelings caused by thoughts your brain offers

WHAT DO STRESS AND OVERWHELM CREATE?

Procrastination.
Mistakes.
Lack of Productivity.
Anxiety.
Unhappiness.
Desire to Quit.

THE TRUTH ABOUT STRESS AND OVERWHELM

The reason you feel stressed and overwhelmed is that your unmanaged brain is not differentiating between facts and your thoughts about facts.

Fact - My car isn't moving

Thought - This traffic is horrible

Fact - XYZ financials are due by Wednesday

Thought - I have too much to do

The problem for most accountants is that we've never been taught how our brain works and how to manage it so that we can dramatically reduce stress and overwhelm. We blame things like the time of year, the workload, the client demands, and the Tax Code for why we feel so stressed and overwhelmed.

The good news is that our brain is the only thing that causes stress and overwhelm which means we can reduce it right now when we learn how to manage our brain.

Step #1 - State only the Facts of a situation that you believe are causing you to feel stressed and overwhelmed. Note: Facts are NOT opinions and could be proven in a court of law. (Example - "The quarterly estimates for ABC company are due on 9/15" or "The date on the calendar is 3/20")

Step #2 - What did you think about the situation? Write down all your Thoughts. Note: Your Thoughts are what's causing you to feel stressed and overwhelmed, not the Facts in Step #1. (Example - "I'm never going to get this done in time." "There's too much to do." "This is too hard.")

Step #3 - Instead of feeling stressed and overwhelmed, what feeling would you like to have? What would you need to think in order to feel that way? (Example - Focused; "I know the next thing I need to do." Calm; "I always get things done on time." Determined; "I will finish this.")

Remember: Facts don't cause stress and overwhelm, only Thoughts do; and Thoughts are 100% optional.