



The landscape for artists is under a lot of strain, from funding woes to disruptive markets. There are some incredible organisations and groups investigating and putting numbers to our mental health issues, and we here at Creative Plus Business wholeheartedly support initiatives that help you to take care of yourself so you can thrive in business, creativity and life!

The following tools and resources are **all free or affordably priced** - and we encourage you to review them and think about sound wellbeing practices in your creative business, but a little word on the side; we are not health care professionals, and nothing beats a great doctor and the right support when the going gets super tough. Take care of you! Okay? Great! Read on:

BE A GOOD BOSS TO YOURSELF

1. Workplace stress and anxiety are not the same thing. A little bit of stress can actually motivate people; however, keep an eye on your workload and make sure you are scheduling breaks and having time away from your creative business. Perhaps use Toggl (a timesheet tool) to keep track of your "office hours": <https://toggl.com/>
2. Excessive, long term stress can lead to mental health conditions. A good boss will help you to plan your workload, manage your deadlines and bring in help when you need it... so! Be a good boss to yourself, and check out this mob if you think you need an extra hand with problem solving money type things: <https://yourbusinessangels.com.au/>

HAVE A PLAN FOR WHEN SHIT HITS THE FAN (SEE THAT... WE RHYMED)

3. Managing risk is an important (read - boring) part of running a business. However, the time you spend thinking about how to manage illness, accidents, tricky projects or naughty clients and putting a plan of action in place when the ocean is calm will help you keep your small-business-boat steady when a storm hits... Check out this cool Risk Management Toolkit from New Zealand (gotta love the kiwis):
<http://www.creativenz.govt.nz/development-and-resources/risk-management-toolkit>
4. We have a special time in our weekly schedule for an MMM... No, not a mad monkey moment... a Monday Morning Meeting! It's a way of looking at the week you have coming up, and thinking of how to juggle your time and resources so you have the capacity to do everything that needs to be done without being overwhelmed. Check out more about it here:
<https://www.creativeplusbusiness.com/monday-morning-meeting/>
5. Embrace failure... Being a clever creative is all about failure - after all the glory and beauty of art is about overcoming challenges and loving the imperfections. Be nice to yourself if it doesn't work out. Trying and failing is better than not trying at all. Resilience is a nifty skill to build too. Here are 9 tips to help: <https://au.reachout.com/articles/9-tips-for-coping-with-the-hard-stuff>

REST, RECOVERY AND TIME OUT

6. We are pragmatic advisors, because we are also artists with our own creative businesses. Taking a break when there is all sorts of shit going on is the last thing you feel like doing right?! Well, fine. Have it your way. BUT... maybe, just maybe, it might be time to run away from home! Of course you can go join a circus - but we advocate for a business retreat instead, which is a process of creating 'time out' from your day-to-day activities to figure out your next moves and recover from a rough patch. Find out more about that here:
<https://www.creativeplusbusiness.com/running-away-from-home/>
7. What do you do if you can't relax? You need to figure out what is bothering you... then deal with it. Learning to relax is a skill developed through mastery. When you master something, you have a little boost of self esteem, which helps you feel good about yourself... so figure out a training program to lower your heart rate, calm your internal dialogue, breathe better and rest your body. Here is a handy little Udemy course that might help:
<https://www.udemy.com/how-to-startup-meditation-for-entrepreneurs/>

KNOW YOUR TRIGGERS AND THE SIGNS OF BURNOUT

8. Hate your work, can't get out of bed, have no passion for your creative output or getting into the challenge of building your kick arse creative business... bad news? You have probably gone too far down the track and you will need some interventions. Check out this fabulous page from the Victorian Government website and please, please get some help for your burn out:
<http://www.business.vic.gov.au/disputes-disasters-and-succession-planning/cope-with-stress-and-anxiety>
9. Mentor time! You may not have the objectivity to critically assess your own situation, but a wiser and experienced mentor can help you to look at your situation through someone else's eyes. Creative Plus Business can help you with [business advice and mentoring](#), and then there's this platform to help you find someone for your practice: <https://mentorselector.com/>

10. MONEY! There, I said it... one of the biggest triggers for a small business owner is figuring out where the money is coming from and going. When there is no money, stress goes up. Not cool. Creative business is a bit of a roller coaster ride, so getting comfortable with uncertainty (or as comfortable as you can) is important. Know your numbers, don't ignore your money responsibilities and get real with yourself. If your money is stressing you out, get help. This link has some great ideas and instructions for riding the cash crisis:

<http://www.business.vic.gov.au/tourism-industry-resources/Business-Tools-and-Support/crisis-management-guide/plan/finance-in-a-crisis>

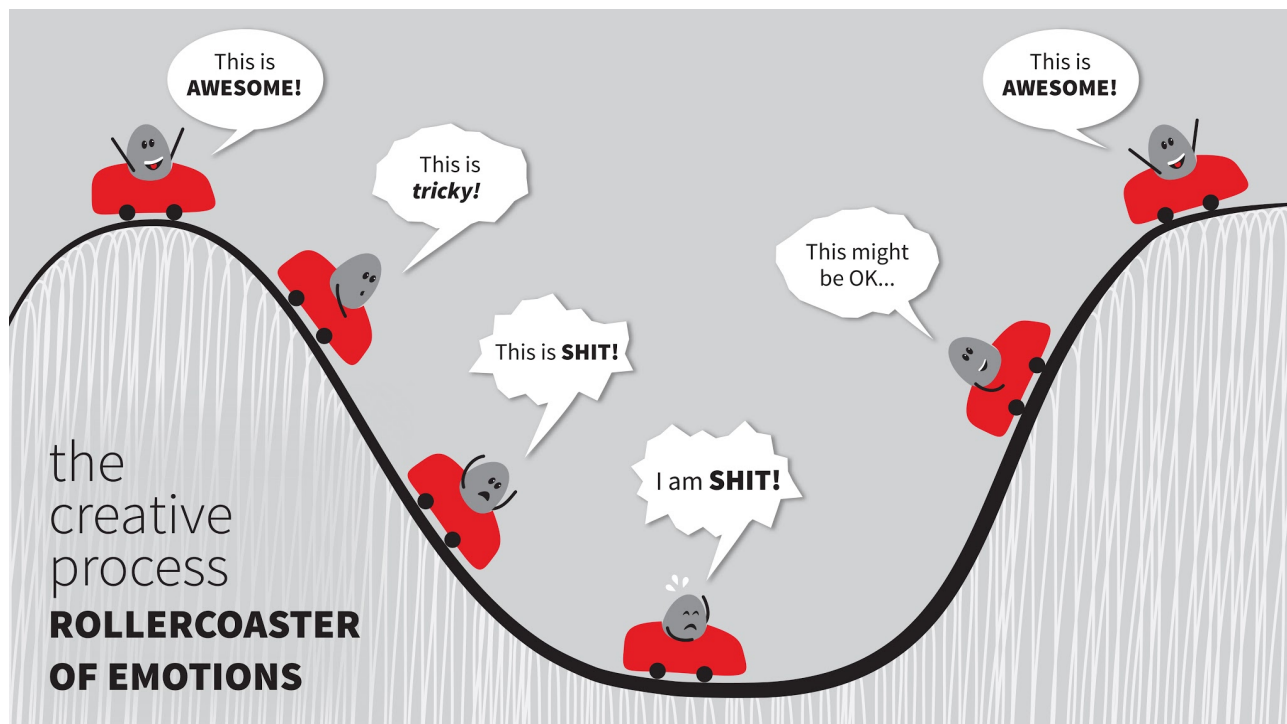
So, there you have it - ten resources to help you manage your wellbeing while you get on with building and running your creative business! Get in touch with us at [Creative Plus Business](#) to help you put some of these tools in place, perhaps during a [one-on-one CHAT session](#), or visit our [website](#) for more [support](#), [free stuff](#) and llamas*!

Want some more ideas? Need immediate help?

See the industry specific resources on our website

<https://www.creativeplusbusiness.com/resources/wellbeing-creative-industries/>

And when it doubt about the creative rollercoaster, take comfort from our lovely graphic, created by the talented artist [Lenny Pelling from Burger With The Lot](#).



*Llamas may or may not be present... they run their own race.