



Stress Management for Entrepreneurs: Resource Guide

A Neurodiversity-Affirming Approach for Disabled and Veteran Entrepreneurs

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Running a business on your own means wearing every hat: visionary, operator, marketer, accountant, and caregiver—to yourself and sometimes others. This guide reflects the realities of solo business ownership, including cognitive load, income uncertainty, burnout risk, isolation, and the pressure to always be "on."

Self-care is not indulgence. It is infrastructure.

The RISE Framework for Sustainable Business

Use these four pillars to audit your business health.

- **R – Recognize Your Patterns:** Track peak performance windows. Use pain or fatigue signals as business data for pivoting, not signs of failure.
- **I – Integrate Energizing Practices:** Rest is a business requirement. Movement and nourishment are fuel for strategic decision-making.
- **S – Systematize Your Success:** Build an "External Brain" using automation and tools that work *with* your specific thinking style.
- **E – Expand Through Strategic Delegation:** Shift from "muscling through" to interdependence. Build a team to protect your capacity.

Books

- [Set Boundaries, Find Peace](#) by Nedra Glover Tawwab
- [How to Keep House While Drowning](#) by KC Davis
- [The Gifts of Imperfection](#) by Brené Brown
- [Stress Resets: How to Soothe Your Body and Mind in Minutes](#) by Jennifer L. Taitz
- [Four Thousand Weeks: Time Management for Mortals](#) by Oliver Burkeman
- [How to Break Up With Your Phone](#) by Catherine Price
- [24/6: Giving up Screens One Day a Week to Get More Time, Creativity, and Connection](#) by Tiffany Shlain
- [Do Nothing: How to Break Away from Overworking, Overdoing, and Underliving](#) by Celeste Headlee
- [Burnout: The Secret to Unlocking the Stress Cycle](#) by Emily Nagoski and Amelia Nagoski

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- [The Art of Rest: How to Find Respite in the Modern Age](#) by Claudia Hammond
 - [Rest: Why You Get More Done When You Work Less](#) by Alex Soojung-Kim Pang
 - [Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity](#) by Dr. Sandra Dalton-Smith
 - [Self-Compassion: The Proven Power of Being Kind to Yourself](#) by Kristin Neff
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Articles

- [Why Busy Isn't a Badge of Honor](#) Jenine Lillian, BC People First Society
 - [Stress Management for Entrepreneur](#) Jenine Lillian, BC People First Society
 - [Manage Your Energy, Not Your Time](#) - Harvard Business Review
 - [Setting Boundaries as a Solopreneur](#) - Harvard Business Review collection
 - [The Case for Doing Nothing](#) - The New York Times
 - [Why You Should Schedule "Do-Nothing" Time](#) - Forbes
 - [The Science of Burnout and How to Recover](#) - Psychology Today
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Podcasts

Entrepreneurship & Well-Being

- [Being Boss](#) by Emily Thompson & Kathleen Shannon - For creative entrepreneurs building sustainable businesses
- [Hurry Slowly](#) by Jocelyn K. Gleason - Exploring how to be more productive, creative, and resilient through slowing down

Rest & Productivity

- [The Tim Ferriss Show](#) - Various episodes on productivity, wellness, and unconventional approaches to work
- [Offline with Jon Favreau](#) - Exploring our relationship with technology and finding balance

Mental Health & Self-Care

- [Unlocking Us](#) by Brené Brown - Vulnerability, courage, and wholehearted living
- [Feel Better, Live More](#) by Dr. Rangan Chatterjee - Evidence-based health and wellness strategies
- [The Happiness Lab](#) by Dr. Laurie Santos - Science-backed strategies for well-being

Canadian Mental Health & Wellness Resources



Crisis Support

- [Crisis Services Canada](#) - 24/7 support: **1-833-456-4566** or text **45645** (free, confidential support for anyone in crisis)
- [Wellness Together Canada](#) - Free mental health and substance use support, including therapy and self-guided programs
- [BounceBack](#) - Free skill-building program for mild to moderate depression and anxiety

Health & Wellness

- [ParticipACTION](#) - Movement and physical health resources for Canadians
- [Canada's Food Guide](#) - Nutrition guidance and healthy eating resources
- [Mindfulness Without Borders](#) - Free mindfulness resources

Online Courses & Resources

- [The Stress Management Society](#) - Free evidence-based stress management techniques
- [Greater Good Science Center \(UC Berkeley\)](#) - Free articles & practices on science-based insights for well-being
- [Yale's The Science of Well-Being](#) - Free Coursera course on happiness and well-being
- [Learning to Say No](#) - LinkedIn Learning
- [Time Management Fundamentals](#) - LinkedIn Learning (often available for free through your public library!)

Tools & Technology

Energy & Symptom Tracking

- [Visible](#) – Designed for chronic fatigue and energy "pacing."
- [Bearable](#) – Track energy, symptoms, and mood to find performance windows.
- [Daylio](#) – Quick mood and activity tracking without heavy typing.

Focus & Executive Function

- [Sunsama](#) – Daily planning with realistic time estimates and shutdown rituals.
- [Focusmate](#) – Virtual co-working (body doubling) for accountability.
- [Brain.fm](#) – Functional music to support focus and ADHD brains.
- [Akiflow](#) – Time-blocking and task consolidation for neurodivergent workflows.

Automation & Delegation

- [Loom](#) – Record screen instructions for asynchronous delegation.
- [Otter.ai](#) – Meeting transcription to reduce cognitive load.
- [Zapier](#) – Automate repetitive admin tasks between apps.