

[Apply Now](#)

## Kabbage Blog

Looking for more resources? The *Kabbage* Greenhouse brings together all the best advice, trends and information for small businesses.

[Check it out](#)[Visit Us](#)

### Small Business Spotlight

# Small Business Owners Share Their Summer Stress-Relievers

JUNE 28, 2017



*Summer has begun, and it's time to head outdoors! Kabbage asked small business owners across the world how they enjoy relieving stress through summer activities. Here's what they had to say!*

## What are your favorite summer activities to help you relieve work stress?

"Our e-commerce apparel business involves a lot of time on the computer. We're always using art software to create our designs or logging onto social media to connect with our customers, so when we relax, we want to completely disconnect. Our go-to activities involve getting outside with our kids, exploring the woods near our home, gardening or just having a good old water balloon fight. Our family is the main reason why we started our small business, so it's important that our down time focus on cherishing each other." - **Tiffany and Matthew Barry, Moonlit13 Clothing Co.**

"Whether I'm on the San Diego Bay or the Pacific Ocean, being out on the water helps me to relieve any stress that has built up throughout the day. Luckily for me, living in San Diego means that I don't have to limit my outdoor time just to the summer months. Being out on the water has a calming effect on me. It helps me to relax and clear my

[Apply Now](#)

“As a small business owner who finds himself tied to the internet in some fashion over 16 hours a day, I find the outdoors to be the perfect stress relief. Whether it’s a simple hike or a strenuous mountain summit, this is a perfect way to get your body grounded, regain some sense of mindfulness and recharge after weeks of information overload and the stress of running a business.” – **Chris Casarez, [Exact Latitude Company](#)**

“Surfing is my number one summer activity when I want to de-stress. There is something about being out in the sea, completely away from the business of the roads and other people, that completely relaxes me. It doesn’t even matter if I don’t catch many waves – simply lying out in the water on my board feels so relaxing.” – **Max Robinson, [Fish Tank Bank](#)**

“Fishing is more than just catching fish, it’s the beautiful scenery on the lake and conversations with those who join me!” – **Michael Hammond, [Sibling Revelry Brewing](#)**

“The way I like to de-stress during the summer is to go on a hike surrounded by nature – preferably a place without a phone signal. It’s nice to disconnect and get back in touch with the natural world. It helps provide clarity of mind and perspective around the fact that our day to day struggles and issues are so much smaller in the grand scheme of things.” – **Brandon Crossley, [Pointdexter](#)**

“Like many entrepreneurs, I become one with the computer from the start of the morning to late evening. During the summer, I make an effort to disconnect and get into real sunshine. My favorite business breaks involve simply taking a walk through a park near my office. Listening to music, appreciating the greenery around me, not focusing on any business tasks or conversations – just being in the moment. Noticing everything from the clouds above to the weeds below – it’s nothing, and it’s everything I need to refresh my brain and recharge my energy.” – **Susana Fonticoba, [Sisters in Entrepreneurship](#)**

“My favorite summer/outdoor activities to help relieve work stress include going to the beach (less than an hour where I live in NJ), going on hikes, taking my dogs to dog beaches and parks with my wife and sometimes just doing some BBQ in the backyard on a nice day.” – **Howie Jastrow, [Brainiactive](#)**

“During the summer, I enjoy spinning and doing yoga and Pilates before or after I head into the office. I typically work out right after I wake up in the morning because it gets me ready for the day and allows me to clear my head before I head out. In the evenings, I like to meditate – unwind, unplug and practice an attitude of gratitude. Even if the day has been stressful, there is always so much to be thankful for. Taking that time to pause and reflect helps to adjust your mindset and be content in knowing you did the very best you could with where you were at.” – **Deborah Sweeney, [MyCorporation](#)**

“[Take] your team on a leadership retreat ... book a weekend at a campground and plan teambuilding and leadership activities that bring employees closer together.” – **David Tile, [Nimble Media](#)**

[Apply Now](#)

whenever I go for a hike and look at the picturesque mountains and trees makes me wonder that there are more important things in life than to eat, work, sleep and pay bills. I believe hiking isn't only good for the body, but it's [also] a perfect way to reflect on oneself that life is actually bigger than we think it is." - **Ameerzebi Pirzada, Z Dental Studio**

"My favorite outdoor activity to relieve work stress is to power-wash something that is dirty. It sounds odd, but there is something oddly satisfying about seeing a power washer easily clean a deck or outdoor furniture." - **Josh Rosenzweig, WibniLabs**

"In my opinion, there's no better way to relieve stress than to focus on the important things in life and spend time outside with my wife and our son. We love swimming in the pool, playing together on the playground and going for walks outside. I also relieve stress by exercising, taking walks outside and reading (there's nothing better than finding a shady spot under a tree and getting lost in a good book!)" - **Evan Paquette, Magic Evan**

"Physical activity is so important in relieving work stress. As a small business owner, I love hiking during the summer. Getting up into higher altitude, often means cooler temperatures which is a nice relief. I also find that journey up the mountain is a great opportunity to either leave work behind or, at times, work out the challenges that are hard to solve when I'm too close to the problem in the office." - **Daniel Johnson, Craft Consultancy**

"Getting a good sweat on is an incredible way to relieve stress. I play golf, squash, tennis, soccer, basketball and volleyball. If something is bothering you at work, you can always pound on a ball to relieve that stress. It's funny how things get back into perspective after a good workout." - **Kean Graham, MonetizeMore**

"Playing basketball and just getting away from our busy stores. The summer season is an extremely busy time at liquor stores, so I tend to be outside as much as possible." **Nate Hall, Jax Fine Wine, Beer and Liquor (Cumming and Buford GA)**

"I recently purchased a stand-up paddle board (SUP as the people in the know call it), and it's been great. It easily takes your mind off work because you have to focus so hard on balance and not falling in at first. Once you master that it's very relaxing and you see a lot of nature when you are standing up and having a relaxing paddle in a lake." - **Max Page, Coupon Hippo**

"I am always outside grilling and looking for new things to try. You never run out of a good recipe to cook or try! It's great to grab a beer and watch the smoker burn on!" - **Big Green Egg Accessories**

"[My] favorite summer activity that helps me relieve stress is yoga in the park. On the days when I have my yoga class, I am less antsy about missing a beautiful summer day because I'm indoors working. I know I have my class to look forward to. Yoga also helps me separate my workday stress from the rest of the evening by giving me a physical and mental division between the two and getting me to focus on an activity I truly enjoy. I come home more relaxed and sleep better on yoga days." - **Liat Tzoubari, Sevensmith**

Apply Now

walks and hikes are also very relaxing.” – Bruce Cameron, [The Counseling Practice of Bruce W. Cameron, MS, LPC-S, LSOTP PA](#)

“I live in South Florida, so outdoor activities in the summer, especially during the workday, aren’t advised or desirable! Recently, I purchased a rebounder, which is basically a mini-trampoline, for my office. I try to jump on it and go crazy for just 2-5 minutes every hour. I set a phone alarm so I don’t forget to stop what I’m doing and jump for a few. It may sound funny or unusual, but it works! This is one of the greatest discoveries I have made as far as a reason to remember to get up out of my desk chair get my heart beating and my stress out (it stays up against the wall and doesn’t take up much room when not in use.) I highly recommend rebounding for all fitness levels and ages, no matter what kind of office environment you work in.” – Allison Nazarian, [Allison Media Group](#)

“My background is in the arts so the best stress relief from business coaching is performing improv. This can be done year-round, but the summer opens up interesting outdoor places to perform around town like festivals and any community environments.” – Joy Passey, [JOY Prosperity Coaching, Inc.](#)

*Kabbage is a **small business loans** provider that quickly connects small business with capital. Our technology platform reviews data generated by dozens of business operations to instantly understand a small business’s performance and deliver fast, flexible funding entirely online.*

Want to learn more about the Kabbage process? Check out these helpful links:



To receive more small business resources, sign up for our newsletter!

\*  \*

Submit