

Chamber CHATTER



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5.21.26

6 West Strawberry Avenue, Mechanicsburg, PA 17055 (717) 796-0811 www.mechanicsburgchamber.org

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News, Events & more!

Seeking HOSTS for 2026 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For a full calendar of chamber and member events, visit www.mechanicsburgchamber.org/events

CHAMBER EVENTS

Watch for Weekly Updates!

May

25 - Office closed for Memorial Day holiday

28 - Business Leaders Discussion Group -
Sponsored by PaySmart Payroll Services, 650 Wilson Ln, Ste. 100, Mechanicsburg. 7:45 - 9:00 am.
Members only event.

RSVP to info@mechanicsburgchamber.org

One study found that 64% of adults familiar with their local chamber of commerce were more likely to purchase from a chamber member.

- U.S. Chamber of Commerce

Thank You For Renewing Your Membership!

**Residential Healthcare
Sadler Health Center
True Self Tattoo**

Mechanicsburg Chamber of Commerce presents:

Business Leaders Discussion Group

Thursday, May 28

7:45 - 9:00 am

**Sponsored by
PaySmart Payroll Services
650 Wilson Ln, Suite 100
Mechanicsburg**



RSVP to info@mechanicsburgchamber.org or call 717-796-0811.
This members-only event is free to attend!

Bring your questions and business topics and hear what others have to say!

Welcome New Chamber Members

Commercial Flooring Professionals, Inc, 1004 Rana Villa Avenue, Camp Hill, PA 17011; James Macdonald II; 717-576-7847; floorsthatwork.com; Flooring / Home Improvement

CPRS Physical Therapy, 102 North Baltimore Street, Dillsburg, PA 17019; Joseph Burns, Branka Simeunovic; 866-279-6999; cprspt.com; Physical Therapy

First Commonwealth Bank, 6480 Carlisle Pike, Mechanicsburg, PA 17050; Cori Ebersole; 717-909-8372; fcbanking.com; Bank/Credit Union

Holistic AURA by Sham's, 5004 Lenker Street #102, Mechanicsburg, PA 17050; Laure Kamara; 717-462-3951; www.holisticaurash.com; Holistic Wellness / Personal Services

Stacy Salter Travel Advisor, 8 Bradford Court, Mechanicsburg, PA 17055; Stacy Salter; 717-385-2118; facebook.com/setsailwithstacy; Travel/Tourism

The Gutter Guys, 953 Peiffers Lane, Harrisburg, PA 17109; Michael Barton; 717-554-4567; thegutterguys.com/harrisburg; Building/Construction / Home Improvement

Waxed & Worth It, 5600 Carlisle Pike Suite 600 (Inside My Salon Suite), Mechanicsburg, PA 17050 (location); Sarah Kauffman; 717-610-0692; www.waxedandworthit.com; Personal Services / Beauticians/Barbers / Beauty Supplies



Save the Date

On June 18, Jubilee Day returns to the streets of downtown Mechanicsburg. This year marks the 96th Annual edition! Don't miss your chance to be exposed to nearly 70,000 attendees from across the midstate.

Booth space is available at a discounted rate for Chamber members. Contact the chamber for an application. 717-796-0811 or info@mechanicsburgchamber.org



Fish for Free Coming Up Sunday!



On Sunday, May 24, the Pennsylvania Fish and Boat Commission (PFBC) will host a Fish for Free day to allow anyone (resident or non-resident) to legally fish on all Pennsylvania waterways. No license is required, but all other fishing regulations still apply.

This is the first of two dates set by the PFBC to enhance fishing opportunities. The next day is Independence Day, Saturday, July 4. This is a great way to expose the next generation of anglers to the outdoors. [More information about fishing in Pennsylvania is available here.](#)

Stay Safe, Have Fun on PA Waterways

During National Safe Boating Week from May 16-22, boaters are reminded to wear a life jacket, never boat while intoxicated, have a float plan to let someone know where and when they'll be boating, check the weather forecast before and during each boating trip, and take a basic safe boating education course. For more information on safe boating, visit fishandboat.com.

Supporting Our EMS Providers

This week, May 17-23, is National EMS Week, an opportunity for each of us to recognize and extend special thanks to the men and women who answer the call every day to help save lives. This year's theme is "Improving Outcomes, Together."

We all tend to take it for granted that when we call 9-1-1, someone will be there to help. As we mark EMS Week, let's take the time to thank our emergency medical services providers and think about how we might be able to help support our local ambulance companies and their mission.



Penalties for Using Handheld Devices Take Effect June 6

A Pennsylvania law banning the use of handheld devices while driving has been in effect since last June, with violators being issued warnings. Starting June 6, violators will instead face fines.

Paul Miller's Law limits the use of handheld cellphones or other communication devices while



operating a motor vehicle. The law is named for a young man who was killed in a crash involving a distracted tractor-trailer driver in Monroe County, Pennsylvania, in 2010.

Under the law, driving while holding a mobile device is a primary violation, meaning police can pull over drivers solely for the violation. Effective June 6, violators will be issued a summary offense, which carries a \$50 fine, plus court costs and other fees. If a driver is convicted of homicide by vehicle and driving while distracted, they may be sentenced up to an additional five years in prison.

Drivers can still use their phones if using hands-free technology, such as a docking station, Bluetooth or speaker

technology. You may also use your phone to contact emergency responders.

According to PennDOT, more than 11,000 crashes were the result of distracted driving, leading to 65 deaths and 6,700 injuries in 2023. Pennsylvania joins 28 other states with hands-free laws.

[Read more here.](#)

House Approves Alicia's Law to Protect Kids from Online Predators

I was pleased to join in the unanimous House support of legislation that would create a state grant program to help law enforcement find, investigate and prosecute internet predators who target children.

Alicia's Law is named for Alicia Kozak, a Pittsburgh-area girl who was abducted in 2002 at the age of 13 by a man she met online. It was one of the first documented cases of its kind in the country. Alicia survived and has spent years advocating for stronger protections so other children don't go through what she did.



[House Bill 1098](#) would establish the Investigation and Prosecution of Internet Crimes Against Children Program within the Pennsylvania Commission on Crime and Delinquency (PCCD). The program creates a state-level funding structure to fund law enforcement task forces made up of state and local prosecutors dedicated to investigating and prosecuting online crimes against minors; supplement federal funding for task forces combating child sexual exploitation online; and train task force members on the latest techniques for detecting, investigating and prosecuting these crimes.

The bill is now pending consideration in the Senate.

SENATOR DAWN KEEFER

Pennsylvania's 31st District
Serving Cumberland & York Counties



New Satellite Office Opening in Cumberland County

To increase access to state services for residents of the 31st District, I am pleased to announce the opening of a new satellite office in Cumberland County on May 14 at the [Lower Allen Township Municipal Services Center](#), 2233 Gettysburg Rd., Camp Hill. The office will be open on the second Thursday of each month from 9 a.m. to 4 p.m.



Stop by for assistance with property tax/rent rebates, PennDOT paperwork, birth or death certificates, veteran assistance and other state-related services. My office is committed to delivering timely and accessible support closer to home.

Honoring Service and Sacrifice

May is an important month for recognizing the service and sacrifice of the men and women who have worn the uniform of the United States military. This month is especially meaningful to me because several members of my own family have served. Their experiences have given me a personal appreciation for the sacrifices military families make and the lasting impact service has across generations. Throughout Military Appreciation Month, we honor active-duty service members, veterans and military families whose dedication has helped safeguard the freedoms we enjoy every day.



Memorial Day brings a more solemn reflection as we remember the Americans who gave their lives in service to our country. As we gather with family and friends during the holiday weekend, we are reminded of the cost of freedom and the importance of honoring those who made the ultimate sacrifice in defense of our nation.

There are several local events planned and below are just a few:

- The [Camp Hill 107th Memorial Day Parade, Ceremony and Festivities](#) will be held May 25, beginning at 9:30 a.m., followed by a ceremony in the Camp Hill Cemetery at 11 a.m. to honor fallen service members. After the ceremony, there will be children's activities and food vendors in

Willow Park.

- A Four Chaplains/Charles W. David Jr. Memorial dedication will take place during the York County Veterans Affairs Memorial Day Wreath Laying Ceremony on May 25 at 11 a.m. in the Veterans Gold Star Healing & Peace Garden, 1000 Vander Ave. This memorial is especially meaningful as it is the first to include the story of Charles Walter David, Jr., honoring his courage and sacrifice alongside the Four Chaplains.

With heartfelt gratitude, I thank the brave men and women who dedicated their lives to serving our nation and honor the memory of those who gave everything in its defense. Their selflessness and devotion to country will never be forgotten.



Save for Education and the Opportunity to Win \$5,529

State Treasurer Stacy Garrity announced the fifth annual 529 Day Promotion is running throughout May. Pennsylvania families who contribute at least \$10 to their PA 529 account this month could be eligible to win one of six regional awards of \$5,529 to boost their education savings.

The PA 529 College and Career Savings

Program is a tax-advantaged way for families to save for a wide variety of education, including technical training, college, apprenticeship, credential program and K-12 expenses. Saving with a PA 529 does not impact eligibility for Pennsylvania state financial aid.

The PA 529 Guaranteed Savings Plan helps families save at today's tuition rates to cover tomorrow's tuition expenses and the PA 529 Investment Plan offers a wide variety of investment options to choose from. [Find official rules and learn more about how to make an eligible contribution here.](#)

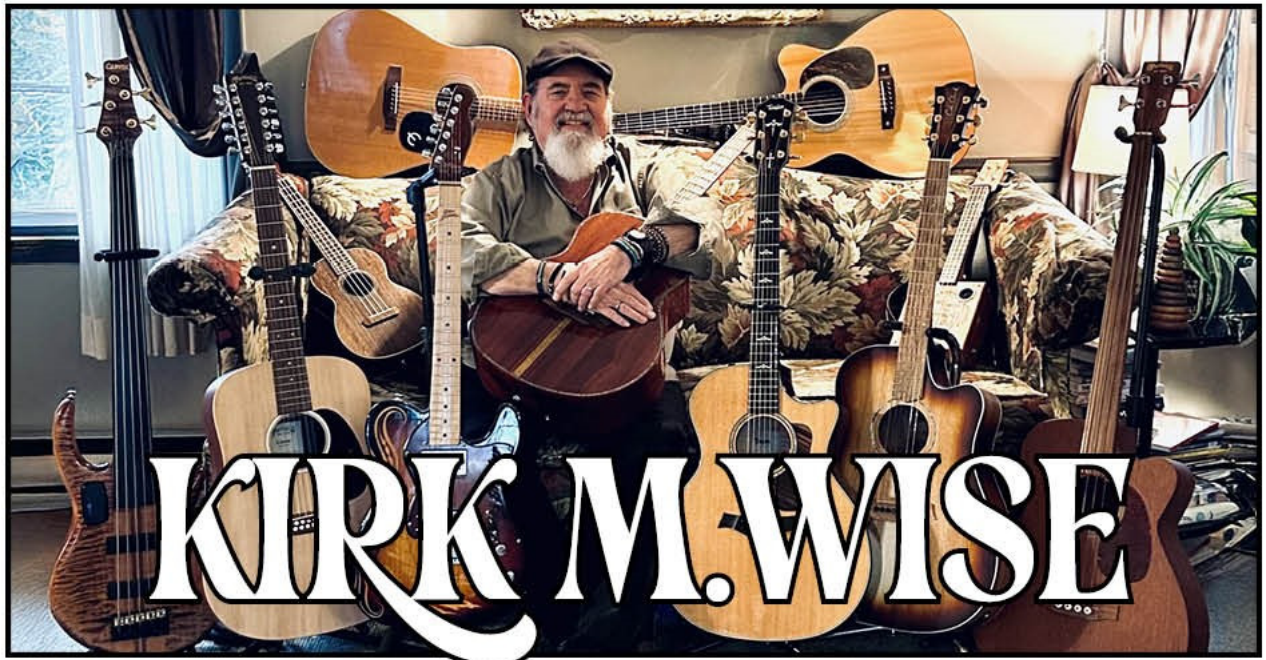
Cutting Costs for PA Families by Ending Outdated Emissions Testing

Taking legislative action to do away with an outdated and unnecessary mandate, the Senate voted to eliminate the vehicle emissions testing requirement across the commonwealth. The measure will save Pennsylvanians an estimated \$160 million annually.



[Senate Bill 1298](#) would remove all 25 counties currently subjected to annual emissions testing. It also clarifies that no additional counties can be added into the program, protecting Pennsylvania vehicle owners.

The bill was sent to the House of Representatives for consideration. [Read more about Senate Bill 1298 here.](#)



Fri. 5/22 - Captain Bob's Steamed Crabs, Railroad/ Shrewsbury...Kirk solo 6-8
Sat. 5/23- Totem Pole Wine Farm, Carlisle...Kirk solo/duo 6:30-8:30
Sun. 5/24 - Adams County Winery, Orrtanna...Kirk & Beth 1-4
Mon. 5/25 - Masonic Homes Memorial Day, Elizabethtown... Country Wise Band 11-2
Tues. 5/26 - Range + Rye @ Range End, Dillsburg...Kirk solo 6-9
Fri. 5/29 - Gettysburg Farm Camp Ground, Dover...Kirk & Bryce Duo 6-9
Sat. 5/30 - Mt. Airy Orchards Strawberry Fest, Dillsburg ... Kirk & Band 9:30-12:30
Sat. 5/30 - Royal Wine, Harrisburg...Kirk solo/duo 6-9
Sun. 5/31 - Bourbon Mill Restaurant & Pub, New Oxford...Kirk & Band 1-4
Tues. 6/2 - Range + Rye @ Range End, Dillsburg...Kirk solo 6-9
Fri. 6/5 - Railroad Rhythms, Mechanicsburg...Kirk solo 5-6:30

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Chamber Chatter is published on-line every Thursday.

We encourage member businesses to send us information on sales, promotions, news and events. It is a great way to promote your business or organization.

Chamber Chatter advertisements will remain for up to 4 weeks, or as space permits.

If you have something to share, please submit it by Wednesday at noon to
info@mechanicsburgchamber.org.

****Chamber Chatter advertising is a FREE member benefit.****

Teacher Appreciation

at Mechanicsburg



Earn a Digital Costco Shopcard and a FREE pizza with every new teacher sign-up in the month of May, and enter to win a pizza party for your class!

\$40



Digital Costco Shop Card* with an Executive Membership sign-up

\$20



Digital Costco Shop Card* with a Gold Star Membership sign-up

Pizza Party!

Thank you, Teachers!

We appreciate you!

*To receive a Digital Costco Shop Card, you must provide a valid teacher ID, email address, and set up auto renewal of your Costco membership on a Visa® card at the time of sign-up. If you elect not to provide a valid email address and sign up for auto renewal, a Digital Costco Shop Card will not be emailed. Valid only for nonmembers for their first year of membership. Limit one per household. Nontransferable and may not be combined with any other promotion. You must bring this flier to the Mechanicsburg Costco location to join in person with a Costco representative.

New members will receive their Digital Costco Shop Card by email within 2 weeks of sign-up. Costco Shop Cards are not redeemable for cash, except as required by law. A Costco membership is \$65 a year; an Executive Membership is an additional \$65 upgrade fee a year. Each membership includes one free Household Card. May be subject to sales tax. Costco accepts all Visa cards, as well as cash, checks, debit/ATM cards, EBT and Costco Shop Cards. Departments and product selection may vary. Shop Cards are valid at any U.S. Costco location. Employees of Costco are excluded.

Your friends over at Costco Mechanicsburg, #1719 would like to say THANK YOU to all the Teachers who are helping grow our community from the ground up! From creating core memories in the classroom, developing self-confidence and competence, intelligence, and empathy, Teachers are one of the most important pillars of our growth into adulthood!

We would like to extend an exclusive welcome promotion to ALL Teachers in the Cumberland Valley district for Teacher Appreciation Week this upcoming May! In the month of May any Teachers that come to sign up for a new membership will receive a \$20/\$40 digital shop card, a FREE pizza from our food court, and an entry to win a Costco pizza party for their classroom!*

*This promotion is exclusive to Costco Mechanicsburg only, and open to all teachers interested in joining our member base for the first time (and/or teachers who have had an expired membership for 18 months or more). Please post the attached flier, and/or distribute digitally to your location!



Join Big Brothers Big Sisters of South-Central PA on Thursday, May 21 for Big Night Out and celebrate 45 years of mentorship in our region! For 45 years, Big Brothers Big Sisters of South-Central PA has been working to empower youth to reach their full potential. This milestone celebration is a chance to come together, to share stories, and to recognize our supporters, volunteers, and partners who make the mission possible. Corporate sponsorships are available.

Details and registration: <https://www.bbbsscpa.org>

Seeking HOSTS for 2026 EVENTS

- Business Women's Networking Luncheon
 - After Hours Mixer
- Business Leaders Discussion Group

BE A HOST and showcase your business, service and more...

For more information - on HOSTING AN EVENT
contact the Chamber office at 717-796-0811 or email - info@mechanicsburgchamber.org.



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UNITED WAY Capital Region

The **United Way Capital Region** recently held its annual Celebration Reception at the Hershey Lodge & Convention Center. Attendees were treated to an update on many of the great programs and assistance that the organization has provided. Along with the musical entertainment provided by local students, the obligatory chocolate, and a menu inspired by Hershey Entertainment & Resorts newest restaurant,



Hershey Social, Juma, one of the first participants of their workforce development program, relayed her story of becoming a Certified Nursing Assistant (CNA), continued to a Licensed Practical Nurse (LPN), and goals of further health-care levels. It was announced that their fundraising goal for the year was exceeded with \$9,258,441 raised to assist the Capital Region thrive.



WWW.TFEC.ORG/HBGHOOPLA

HARRISBURG HOOPLA

#COMPETEFORACAUSE

Harrisburg Hoopla Returns June 6 to Support Local Nonprofits

Harrisburg Hoopla will return to City Island on Saturday, June 6, 2026, giving teams from across the region a chance to compete for a cause while supporting local nonprofits.

Hosted as a program of The Foundation for Enhancing Communities, Harrisburg Hoopla is a full-day event where friends, coworkers and neighbors form teams to take on physical challenges and puzzle games. Each team selects a local nonprofit to represent and competes to win money that will be donated to that organization.

The event offers participants a fun way to give back while providing nonprofits with a unique opportunity to engage supporters, build visibility and raise funds for their mission. Proceeds from Harrisburg Hoopla also help support the Emerging Philanthropists Program at TFEC.

In 2025, Harrisburg Hoopla welcomed more than 100 participants across 12 spirited teams. The event generated more than \$11,000 in sponsorship support and has raised more than \$70,000 overall.

Top finishers in 2025 included Dogs & Dolls, which competed for Humane Society of Harrisburg Area, Enterprise Mobility, which competed for Junior Achievement of South Central PA, and The Nice Guys, which competed for American Cancer Society.

Team registration is now open. Nonprofits are encouraged to invite supporters, staff members and volunteers to form a team and compete on behalf of their organization.

To learn more about Harrisburg Hoopla, visit www.tfec.org/hbghoopla.



You're invited! Join us for a free VBS event, inviting children (independent three year olds through Fifth Graders) called "This Zoo is Not For You". It will be at St. Luke's Episcopal Church, 8 East Keller Street, Mechanicsburg, on Saturday, June 13 from 9 a.m. until 11 a.m. Join us as we follow a platypus on his journey with a story, snacks, music, crafts and games.

While this event is free, please consider donating individually packaged snacks for our partners at the Cheyenne River Episcopal Mission Horse and Pony Camp.

Please help us by registering by June 6 at www.stlukesmech.org.

Email questions to kidmin.stlukesmech@gmail.com.



Lions Club of Mechanicsburg

Celebrates

Jubilee Day 2026

50/50 Cash Bingo – Rain or Shine!

Thursday, June 18 11:00 AM - 7:00 PM

Take a break-Take a chance!

37 E. Main Street - Mechanicsburg

DOWNTOWN REVITALIZATION, MAIN STREETS & SMALL BUSINESS GROWTH SEMINAR

JUNE 22
from
9am-11:30am

CENTRAL PENN COLLEGE
600 Valley Rd
Summerdale, PA 17093

Join CAEDC to learn about available local and state programs that support downtown development and small businesses.

REGISTER HERE

CAEDC
CUMBERLAND VALLEY
PENNSYLVANIA



Cumberland Area Economic Development Corporation
230 S. Sporting Hill Road, Suite 100
Mechanicsburg, PA 17050

Join us for a **FREE Benefits Webinar**

Reimagining Health Benefits: How ICHRA Works for Employers

Wednesday, June 24, 2026

10:00 A.M. - 11:00 A.M.

Are rising employee health insurance costs limiting your options?

We will be hosting a webinar to learn how ICHRA (Individual Coverage Health Reimbursement Arrangement) can offer your business a flexible, budget friendly alternative. This webinar will explain how the ICHRA works and why it is gaining so much traction, what kind of business benefits most by offering this type of plan and steps to understanding implementation and how easy it is to provide your employees the opportunity to choose a plan that is best for them and their specific needs.

REGISTER

ONLINE | CONFERENCE HOTLINE 877.866.8965



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JOIN US FOR THE

Annual Parade of Trees

Does your business or organization want to give back to the community and help local families? We invite you to participate in a fundraiser that benefits Highmark Caring Place, a program dedicated to supporting children & families who are grieving. Your participation can make a real difference in their lives!

You can participate by
SPONSORING A TREE - \$250
or **WREATH - \$100**

- Includes a holiday tree (approx. 6 ft. with white lights) or wreath that you get to decorate! You can showcase your brand or promote the work that you do in the community!
- Community exposure through a social media campaign and in-house guests!
- Special community event in December to highlight sponsors!

Engage your team by decorating together!
Tree & wreath decorating will be held on
November 24, 4:00pm-6:00pm

Contact Penn Harris Hotel Sales Office to reserve your sponsorship today!
(717) 433-9714 or kbrown@centrehotel.com



Parade of Trees sponsor a local non-profit!

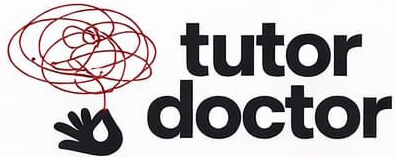
Are you a business that wants to give back to your local community? You can TRIPLE the impact of your donation by sponsoring your favorite non-profit!

How it works:

- Sponsor a tree/wreath on behalf of your favorite local non-profit.
- The non-profit you choose gets to decorate a tree to highlight their work & increase community exposure.
- Your business is highlighted as a corporate sponsor.
- All proceeds of your donation go directly to grieving children & families supported by Highmark Caring Place.
- Highmark matches your donation!

Support two causes with one gift today!





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Join Cumberland County in Celebrating America250!

This year, Cumberland County proudly kicked off its 275th anniversary, and we're already gearing up for another milestone—the 250th anniversary of the United States in 2026! To ensure a memorable celebration, Cumberland County has formed an America250PA Committee with representatives from various organizations, including local historical societies, chambers of commerce, non-profits, school districts, higher education institutions, the Cumberland Valley Visitors Bureau, and Cumberland Area Economic Development Corporation.

We invite your business to join the excitement and contribute to making America250 truly special in Cumberland County! Here are the ways you can assist.

- Explore and share the microsite VisitCumberlandValley.com/America-250.
- Plan an America250PA-themed event and submit it for free to our online calendar.
- Take an active role and join one of our sub-committees:
 - Programming & Events
 - Marketing & PR
 - Education
- Consider sponsoring an America250PA-themed event.

If you'd like to participate or learn more, please contact Stacy Snyder at smsnyder@cumberlandcountypa.gov.

UPMC

LIFE CHANGING MEDICINE

UPMC Expands Breast Cancer Vaccine Clinical Trial to Central Pennsylvania

Collaboration between UPMC and the University of Pittsburgh brings first-of-its-kind treatment to Harrisburg-area residents

UPMC is bringing a first-of-its kind [clinical trial](#) to central Pennsylvania to help understand whether a vaccine can prevent breast cancer. The study is based on decades of research by [University of Pittsburgh School of Medicine](#) immunologist [Olivera Finn, Ph.D.](#), and was launched at [UPMC Hillman Cancer Center](#) at [UPMC Magee-Womens Hospital](#) in Pittsburgh in 2024 in collaboration with breast surgical oncologist [Emilia Diego, M.D.](#), and medical oncologist [Julia Foldi, M.D., Ph.D.](#)

“This is a very innovative approach that can potentially stop breast cancer before it develops,” said Dr. Diego. “Our long-term vision is to prevent cancer, and the women who are part of this trial are helping us reach that goal.”

The vaccine, delivered in three doses, is designed to initiate an immune response in those diagnosed with Stage 0 ductal carcinoma in situ (DCIS), a precancer diagnosis, to prevent it from developing into cancer.

[Kit Lu, M.D.](#), breast medical oncologist and director of clinical trials, UPMC Hillman Cancer Center in Central Pa., said the investments made in UPMC Hillman Cancer Centers across the region give central Pennsylvania residents access to not only this clinical trial, but hundreds of others.

“Many of today’s standard-of-care therapies began as treatments studied in clinical trials decades ago,” Dr. Lu said. “Being part of a National Cancer Institute-designated comprehensive cancer network gives our patients in central Pennsylvania access to promising therapies and new diagnostic approaches.”

The breast cancer vaccine clinical trial is open to a very specific set of patients. Participants must be women 50 years of age and older who are post-menopausal with a diagnosis of early-stage DCIS.

Patients enrolled in the trial will receive the standard recommended surgery to remove the abnormal cells. Those randomized to the vaccine arm of the trial will first receive three doses of the vaccine and then surgery.

“Surgery is our first line of defense when it comes to stopping DCIS from progressing to cancer. But it’s not a guarantee, so anything we can do to strengthen the body’s defense gives us hope,” said [Brynn Wolff, M.D.](#), director of breast surgery, UPMC Magee-Womens in Central Pa. Her breast surgeon colleague [Katherine Barton, M.D.](#) will also be part of the local study team.

Following surgery, the women in the clinical trial will be followed for many years to determine if the cancer returns. If the vaccine is found to be safe and effective, the trial will expand to recruit a larger group of women at other cancer centers to further to validate their findings.

[Learn more about UPMC Hillman Cancer Center clinical trials.](#)

6 small actions that make a big difference in managing stress at work

You can't eliminate pressure, but you can cope with it more effectively.

By *Editorial Staff* - Fast Company

Pressure is an inevitable part of modern workplaces, but when poorly managed, it can quickly turn into harmful stress. The solution isn't to eliminate pressure from work entirely, but to respond to it in the right way. Even small, intentional shifts can have a significant impact on how we cope, protect our wellbeing, and sustain high performance.

Here, six experts share their simple, actionable tips for individuals and leaders that can make a big difference in handling everyday stress more effectively.

Reinforce psychological safety

Ultimately, whether we feel able to manage stress at work comes down to the environment around us and our relationships with our manager and colleagues. Safe spaces are built and reinforced through everyday, small actions.

"Psychological safety creates structure to give people what they need to thrive and do their best work, acting as the human-centered foundation of healthy workplace cultures," says Helen Beedham, organizational expert, speaker, and author of *People Glue*. Without it, stress often goes unspoken and unaddressed.

Beedham emphasizes that it's a collective effort that must be actively supported by leaders, managers, and peers; without this secure foundation and ongoing reinforcement, people's freedom to express themselves and their concerns will quickly falter. Recognizing individuality is also key; some need more encouragement and structure, while others are naturally more comfortable speaking up.

At its core, it's about creating the conditions for trust, openness, and meaningful engagement. "When these conditions are in place, people feel safe to share what's troubling them without fear of criticism or consequences," Beedham notes.

Reframe doubt

Most leaders experiencing stressful decision-making assume the issues lie in their confidence, resilience, or capability. "But often the real problem is that they've never been taught how to work with doubt. They've been conditioned to push through it, hide it, or override it," argues Jenny Williams, MCC, a leading Executive and Systemic Team Coach, and author of *Brilliant Doubt*.

Doubt encourages us to challenge assumptions, stress-test decisions, and identify risks. It transforms into strategic thinking when used to illuminate blind spots and prompt better questions. The shift happens when doubt stops being treated as a flaw and starts being recognized as useful information.

"Leaders should pause, reflect, and question: could there be another way to see this?" says Williams. Certainty thrives in the fast lane, doubt lives in the pause.

When leaders learn to listen to doubt in this way, it becomes less of an emotional burden, encouraging more of a practical input into better thinking. In time, it becomes more deliberate, conversa-

tions open up earlier, assumptions are tested rather than defended, and the emotional load reduces. “When leaders stop pretending certainty and allow doubt to have a legitimate place in the process, they no longer carry the full weight of every decision alone, helping to alleviate any feelings of stress,” Williams concludes.

Anchor yourself in meaning

Stress often comes from feeling disconnected, not just overworked. For Angela Rixon, founder and CEO of [The Centre for Meaningful Work Ltd](#) and author of *Meaning Over Purpose*, reconnecting with what makes your work matter is a small but powerful way to manage stress.

[Deloitte’s 2025 Gen Z and Millennial Survey](#) found that 89% of Gen Zs and 92% of millennials say purpose is important to their job satisfaction and wellbeing, while four in ten say that not getting a sense of meaning or purpose from work contributes to stress and anxiety. That is why Rixon emphasizes staying connected to meaning, especially under pressure. “When work feels meaningful, people are more resilient, motivated, and mentally well.”

To find that meaning, she encourages people to focus on their contribution, not just their tasks. “Shifting your perspective from ‘What do I have to do today?’ to ‘What difference does this make?’ can have a big impact on how you feel.” She also suggests shaping your role where possible, taking on tasks that play to your strengths or seeking out work that feels meaningful. As Rixon puts it, “Changing how you connect with your work can be just as powerful as changing the work itself.”

Practice turning inward

When stress builds at work, the instinct is often to look outward—at deadlines, workloads, or other people. We look for what’s causing it. We look for what needs fixing. But that outward focus can keep us reactive. On the surface, we may appear composed; internally, the mind is racing, our thinking tightens, and our responses become shorter than we intend.

Rochelle Trow, HR Executive and author of *Anchored*, suggests a different first move: turn inward. “When pressure rises, pause and name what’s happening in you—frustration, urgency, fear of getting it wrong. That small act interrupts the automatic reaction and creates a gap between trigger and response,” she explains. “From there, you’re less likely to send the sharp email, agree too quickly, or push a decision before it’s ready. You’re responding, not just relieving the tension in the moment.”

Self-awareness doesn’t remove the pressure. The deadline is still there, and the workload hasn’t disappeared. But you have a choice again. And even a few seconds of choice can shift the tone of a conversation, the direction of a decision, or the outcome of a day. In high-pressure environments, the quality of that choice shapes what happens next—for you and for the people around you.

Embed energy recovery

According to Lesley Cooper, founder of [WorkingWell](#) and author of *Brave New Leader*, a simple but key way to cope with work stress is effective energy management.

“There are always going to be times when you have to work to tight timelines, accept difficult feedback, or face things not going to plan. However, managing energy rather than just job lists helps people respond better to these stress-inducing situations,” she says.

If teams are making time for focused effort, they also need allocated time for focused recovery. “Taking time away from screens and engaging in non-work-related activities should be actively encouraged across all levels of the organization to support energy management throughout the day,” she adds.

Intentional recovery—the practice of breaking the linearity of work every 90–120 minutes—should therefore be built into organizational culture so that employees know it’s part of the working rhythm rather than considered slacking. “Stepping away from work tasks will help you and your teams recharge energy reserves and prevent stress from escalating. As a leader, you should model this behavior and ensure others follow suit,” Cooper states.

Lean on your network

Stress tends to manifest itself when people lack a support system, which is why Emma Maslen, founder and CEO of [inspir’em](#) and author of *The Personal Board of You Inc.*, recommends turning to your network for help when you feel the demands mounting.

“Especially as a leader, with others relying on your guidance, it can be difficult to seek support within your organization, which is why creating your own personal board of advisers is invaluable.” A ‘personal board’ is a group of people whom you can turn to for advice when you feel stressed and uncertain.

By tapping into your network, you can access fresh perspectives on the situations or decisions that may be causing you stress. Maslen highlights the benefits of forming your own board of advisers: “Regularly consulting a personal board can help refine your goals, ensure you’re on the right path, and keep stress at bay.”

She concludes, “By opening up to others and sharing the load, you’re better equipped to approach challenges with clarity and confidence—without feeling like you have to carry the burden alone.”