



How Technology Effects Stress and Time Management

An Interview with a Young Entrepreneur



INTERVIEW WITH A YOUNG ENTREPRENEUR

My name is Daniel McGarrigle and I live in Co. Donegal, Ireland. I have a degree in Design for Visual communication and a Masters in Motion Graphics.

I started my own business called Rezolve in 2014 where I worked full time on a variety of projects that encompassed video editing, animation, graphic design, web design and illustration. However in 2016 I also started working in an animation startup called Makematic.

What is the most stressful thing about your business and how do you deal with it?

By far, it's juggling multiple projects and having to jump between each throughout a day. Also, I used to be terrible at keeping on top of my own business admin and the boring stuff like paperwork. But once you get into a good routine and get a system in place that works for you, it will become easier with time.



Daniel McGarrigle
Rezolve Media
Ireland

Can you list some pros and cons of the impact of technology on your business?

Pro is that with the internet I have access to tutorials and a wealth of knowledge and inspiration. If I ever get stuck on something I can usually find a solution or workaround online. With animation, technology has allowed me to streamline my workflow quite a bit. When I started out, I used to draw everything with a pen and paper and had to scan and edit all my assets in Photoshop. This would take a huge amount of time. These days with a drawing tablet everything is done within Procreate, Illustrator and Photoshop.



The major con of course is always being connected. It's easy to become overwhelmed throughout the workday with constant emails and notifications from multiple sources. This can extend past working hours and it can be difficult to distance yourself mentally from a project and not keep working out solutions in your head late in to the night!

Can you think of a situation where you were stressed about work and time management, and how you dealt with it?

Early on I had a real problem with taking on too much work! Know what's possible and be realistic without overloading yourself. Your work and output will suffer if you spread yourself too thin.

Are there any apps you would recommend any young entrepreneur use to make their lives easier?

Use a note taking app that can be synced across your devices. Inspiration can strike at any time and always get everything written down. Make lots of lists! I use the stock notes app on my iPhone and Mac, but Evernote does the same thing and syncs across Android and PC.

Do you have any tips for upcoming entrepreneurs about managing their work related stress and or time?

Get into a good routine, get up early and get proper rest in the evening. You'll work at your best if you've got a good nights sleep.



Set adequate breaks into that routine, crunch and burnout is a big problem with entrepreneurs. Taking a few minutes in the day to focus on your breathing and using meditation techniques can make a big difference in managing stress levels. If your phone allows it, create time limits on certain social media apps that you might otherwise spend a lot of the day idly scrolling through.
