



## May 5, 2010 #solopr Twitter chat transcript



**@KeeyanaHall** As always, [#solopr](#) was AWESOME! Definitely took away a lot this afternoon.

*Wed, 05 May 2010 18:09:26 +0000 - tweet id 13439860731 - #31*



**@PRjeff @KatTayls @sandrasays @ImpactMktPR** [#solopr](#) thx for the exercising recos

*Wed, 05 May 2010 18:08:03 +0000 - tweet id 13439804075 - #32*



**@JJacquelineJ** RT **@karens swim**: A4: Avoid toxic people, and learn to say no [#solopr](#)

*Wed, 05 May 2010 18:07:44 +0000 - tweet id 13439791306 - #33*



**@IMPACTMKTPR** Gayle, you're a stitch! RE <http://bit.ly/cDHO05> [#solopr](#)

*Wed, 05 May 2010 18:07:43 +0000 - tweet id 13439790307 - #34*



**@mvroom** 4 easy photoshop techniques to make your photos pop <http://ht.ly/1HnRA> [#solopr](#)

*Wed, 05 May 2010 18:06:17 +0000 - tweet id 13439728016 - #35*



**@karens swim** Ditto for me! RT **@krisTK**: I have really missed you all the past couple of weeks. Thanks for the great conversation! [#solopr](#)

*Wed, 05 May 2010 18:06:14 +0000 - tweet id 13439725882 - #36*



**@karensxim** RT @rajean: In honor teacher appreciation wk, standing O for @KellyeCrane & [#soloPR](#) comm (knowledge is power) [#solopr](#)

*Wed, 05 May 2010 18:05:47 +0000 - tweet id 13439707628 - #37*



**@krisTK** I have really missed you all the past couple of weeks. Thanks for the great conversation! [#solopr](#)

*Wed, 05 May 2010 18:03:55 +0000 - tweet id 13439623542 - #38*



**@rajean** In honor of teacher appreciation week, standing O for @KellyeCrane & [#soloPR](#) community (knowledge is power), + standing O is good break!

*Wed, 05 May 2010 18:02:21 +0000 - tweet id 13439554623 - #39*



**@IMPACTMKTPR** RE <http://bit.ly/aQVaBx> But not during [#solopr](#) though, right? [#solopr](#)

*Wed, 05 May 2010 18:01:57 +0000 - tweet id 13439538228 - #40*



**@karensxim** @krisTK Sooo cute!!! [#solopr](#)

*Wed, 05 May 2010 18:01:48 +0000 - tweet id 13439531006 - #41*



**@IMPACTMKTPR** RE <http://bit.ly/cmFmlh> Fine, but how does she make money? [#solopr](#)

*Wed, 05 May 2010 18:01:16 +0000 - tweet id 13439507738 - #42*



**@erica\_holloway** @youplusmeCEO @youplusmeCEO Speaking of [#tip](#), another playdate MUST be scheduled soon! [#solopr](#)

*Wed, 05 May 2010 18:00:33 +0000 - tweet id 13439476901 - #43*



**@3hatscomm** Chatting w/friends to beats the stress ;-) RT @karensxim: this was a fun, relaxing time and there was laughter too! [#solopr](#)

*Wed, 05 May 2010 18:00:33 +0000 - tweet id 13439476662 - #44*



**@IMPACTMKTPR** @kellynandrews Can you do that for me? [#solopr](#)

*Wed, 05 May 2010 18:00:17 +0000 - tweet id 13439463908 - #45*



**@krisTK** Q4: My dog's Dogster page: <http://www.dogster.com/dogs/629101> @LScribner @karensxim @kellyecrane [#solopr](#)

*Wed, 05 May 2010 18:00:01 +0000 - tweet id 13439450314 - #46*



**@mdbarber** @KellyeCrane Thanks Kellye and everyone. What a great chat! [#solopr](#)

*Wed, 05 May 2010 18:00:01 +0000 - tweet id 13439449934 - #47*



**@PRjeff** Definite dittos! RT @luannsaid: @KellyeCrane Thank you, Kellye! Thanks, everyone! [#solopr](#)

*Wed, 05 May 2010 17:59:55 +0000 - tweet id 13439445672 - #48*



**@IMPACTMKTPR** RE <http://bit.ly/baNB5c> Who is on your team - job titles? [#solopr](#)

*Wed, 05 May 2010 17:59:34 +0000 - tweet id 13439430641 - #49*



**@LeliaKate** Thanks guys, once again, for some good insights and a fun hour ;-) [#solopr](#)

*Wed, 05 May 2010 17:59:30 +0000 - tweet id 13439428345 - #50*



**@kellynandrews** @2DegreesMktg What a cool idea! [#solopr](#)

*Wed, 05 May 2010 17:59:17 +0000 - tweet id 13439418671 - #51*



**@luannsaid** @KellyeCrane Thank you, Kellye! Thanks, everyone! [#solopr](#)

*Wed, 05 May 2010 17:59:04 +0000 - tweet id 13439409523 - #52*



**@rajejan** IMHO @LeliaKate @karens swim personal & prof development plus laughter is crucial in any biz setting [#soloPR](#)

*Wed, 05 May 2010 17:58:59 +0000 - tweet id 13439406699 - #53*



**@karens swim** Well this was a fun, relaxing time and there was laughter too! Love this chat! [#solopr](#)

*Wed, 05 May 2010 17:58:49 +0000 - tweet id 13439399590 - #54*



**@socialgumbo** Love them! RT @PRProSanDiego: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#solopr](#)

*Wed, 05 May 2010 17:58:46 +0000 - tweet id 13439397260 - #55*



**@jillvan** Thanks for the great chat today. So helpful, as always! [#solopr](#)

*Wed, 05 May 2010 17:58:33 +0000 - tweet id 13439388691 - #56*



**@IMPACTMKT PR** RT @cgornpr: Q3: Crossing things off of my to-do list, great meetings with clients, attending PRSA workshops and events, networking. [#solopr](#)

*Wed, 05 May 2010 17:58:30 +0000 - tweet id 13439386154 - #57*



**@cgornpr** Great chat today! Thanks all! [#solopr](#)

*Wed, 05 May 2010 17:58:26 +0000 - tweet id 13439383355 - #58*



**@KellyeCrane** Thanks, as always, to each of you for participating and making the [#solopr](#) community so amazing

*Wed, 05 May 2010 17:58:15 +0000 - tweet id 13439375354 - #59*



**@2DegreesMktg** **@KellyeCrane** I create custom greetings for each client on Google Voice. Makes 'em feel special if they get vm. [#solopr](#)

*Wed, 05 May 2010 17:58:13 +0000 - tweet id 13439373736 - #60*



**@IMPACTMKTPR** Glad you're keeping newspapers in business. RT **@KCDPR**: reading the paper RT **@KellyeCrane** RE: work reliever [#solopr](#)

*Wed, 05 May 2010 17:58:10 +0000 - tweet id 13439372009 - #61*



**@KellyeCrane** Another fast hour for the [#solopr](#) chat, and I think today was just what I needed. Hope you found some tips, too

*Wed, 05 May 2010 17:57:36 +0000 - tweet id 13439348604 - #62*



**@mdbarber** **@luannsaid** Q4 -- Great point. we all need to be comfortable subbing what is not our skill set. Makes for happy clients in long run. [#solopr](#)

*Wed, 05 May 2010 17:56:59 +0000 - tweet id 13439322291 - #63*



**@LScribner** Plz share! RT @karensxim: RT @krisTK: @KellyeCrane I could direct you to my dogs blog on Dogster. She has one; I don't (Adorable!) [#solopr](#)

*Wed, 05 May 2010 17:56:59 +0000 - tweet id 13439322269 - #64*



**@PRjeff** RT @cgornpr: RT @luannsaid: Q4: Stay on top of bookkeeping. Only take on clients you can believe in. [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:56:57 +0000 - tweet id 13439321169 - #65*



**@KatTayls** RT @luannsaid: Q4: Stay on top of bookkeeping. Only take on clients you can believe in. [#solopr](#)

*Wed, 05 May 2010 17:56:43 +0000 - tweet id 13439310797 - #66*



**@luannsaid** @krisTK Awesome. [#solopr](#)

*Wed, 05 May 2010 17:56:39 +0000 - tweet id 13439307952 - #67*



**@sандрасays** @luannsaid that's a very good idea and a realistic view of your strenghts/weaknesses. I am good at media relations, don't enjoy it [#solopr](#)

*Wed, 05 May 2010 17:56:31 +0000 - tweet id 13439302629 - #68*



**@IMPACTMKTPR** Q3: networking and professional groups and talks like [#solopr](#)

*Wed, 05 May 2010 17:56:29 +0000 - tweet id 13439301051 - #69*



**@KellyeCrane** As discussed on [#solopr](#) on Twitter today, who are your "coworkers" (dog, cat, chickens, etc.)? Post a pic! <http://bit.ly/c2SLD6>

Wed, 05 May 2010 17:56:27 +0000 - tweet id 13439299949 - #70



**@KCDPR** Worth the \$300 RT **@luannsaid**: **@KCDPR** Wow. Good for you! [#solopr](#)

Wed, 05 May 2010 17:56:10 +0000 - tweet id 13439287454 - #71



**@paulajohns** Aw thanks, Lori. Likewise. [#solopr](#) RT **@LScribner**: Q4 network of colleagues very important! I have a great one myself: **@paulajohns**

Wed, 05 May 2010 17:55:57 +0000 - tweet id 13439278608 - #72



**@kellynandrews** Love that idea! Esp. of pics of our them in our offices RT **@KellyeCrane**: [#solopr](#)

Wed, 05 May 2010 17:55:49 +0000 - tweet id 13439273247 - #73



**@BGdoesPR** Awesome [#solopr](#) chat today. Look forward to next week! Enjoy the sunshine all :)

Wed, 05 May 2010 17:55:37 +0000 - tweet id 13439264320 - #74



**@luannsaid** **@KCDPR** Wow. Good for you! [#solopr](#)

Wed, 05 May 2010 17:55:33 +0000 - tweet id 13439261314 - #75



**@karenschwim** RT **@krisTK**: **@KellyeCrane** I could direct you to my dogs blog on Dogster. She has one; I dont (Adorable!) [#solopr](#)

Wed, 05 May 2010 17:55:26 +0000 - tweet id 13439256479 - #76



**@luannsaid** Q4: And I'm a introvert, so I will sometimes subcontract things like aggressive media relations outside of my comfort zone. [#solopr](#)

*Wed, 05 May 2010 17:55:15 +0000 - tweet id 13439248126 - #77*



**@rajejan** YES! Beauty of [#soloPR](#) @LeliaKate @luannsaid - you decide clients to accept based on proper fit for skills/style. Refer others, win-win.

*Wed, 05 May 2010 17:55:12 +0000 - tweet id 13439245981 - #78*



**@KatTayls** RT @cgornpr: Q4: We need to challenge ourselves, but we need to learn to say no. Sometimes, we are not the right fit for a client. [#solopr](#)

*Wed, 05 May 2010 17:55:03 +0000 - tweet id 13439239818 - #79*



**@KellyeCrane** Smart! RT @KCDPR: Q4: I meet once a quarter w/ financial advisor for projections/profit-loss, cost analysis, 401k plan/match etc. [#solopr](#)

*Wed, 05 May 2010 17:54:50 +0000 - tweet id 13439230693 - #80*



**@krisTK** @KellyeCrane I could direct you to my dog's blog on Dogster. She has one; I don't [#solopr](#)

*Wed, 05 May 2010 17:54:28 +0000 - tweet id 13439214181 - #81*



**@IMPACTMKTPR** @youplusmeCEO What is tipit? Like your last suggestion on mtg w/ pros. [#solopr](#)

*Wed, 05 May 2010 17:54:16 +0000 - tweet id 13439205966 - #82*



**@karensxim** @LeliaKate Exactly, and you don't mind because you're relaxed and doing your thing [#solopr](#)

*Wed, 05 May 2010 17:54:02 +0000 - tweet id 13439195249 - #83*



**@cgornpr** RT @luannsaid: Q4: Stay on top of bookkeeping. Only take on clients you can believe in. [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:53:59 +0000 - tweet id 13439193647 - #84*



**@KCDPR** Q4: I meet once a quarter w/ an hourly financial advisor for projections/profit-loss, cost analysis, 401k plan/match etc. Huge help. [#solopr](#)

*Wed, 05 May 2010 17:53:54 +0000 - tweet id 13439189770 - #85*



**@KellyeCrane** I just realized I should start a thread on the Facebook page for pics of our "coworkers" (dogs, cats, etc.) - will do it today! [#solopr](#)

*Wed, 05 May 2010 17:53:40 +0000 - tweet id 13439180131 - #86*



**@BGdoesPR** @kellynandrews Me too! Off to exercise now and bet it won't go this fast! [#solopr](#)

*Wed, 05 May 2010 17:53:18 +0000 - tweet id 13439164167 - #87*



**@krisTK** Amen. RT @kellynandrews: How come my hour of exercising can't fly by as quickly as the hour of [#solopr](#) chats?!?

*Wed, 05 May 2010 17:53:10 +0000 - tweet id 13439158399 - #88*



**@paulajohns** So true RT @KellyeCrane: Q4: Projections are important part of avoiding getting overloaded. Try not to be greedy... [#solopr](#)

Wed, 05 May 2010 17:53:09 +0000 - tweet id 13439157909 - #89



**@LeliaKate** @karens swim That's a good point. Sometimes I will blog, update my own site on the weekends. Personal development more than "work." [#solopr](#)

Wed, 05 May 2010 17:53:03 +0000 - tweet id 13439154089 - #90



**@LScribner** @KelyeCrane Q4 network of colleagues very important! I have a great one myself: @paulajohns [#solopr](#)

Wed, 05 May 2010 17:52:51 +0000 - tweet id 13439145803 - #91



**@KeeyanaHall** RT @cloudspark: Q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

Wed, 05 May 2010 17:52:51 +0000 - tweet id 13439145643 - #92



**@KelyeCrane** Word. RT @kellynandrews: How come my hour of exercising can't fly by as quickly as the hour of [#solopr](#) chats?

Wed, 05 May 2010 17:52:22 +0000 - tweet id 13439124628 - #93



**@LeliaKate** I really think this is important! RT @luannsaid: Q4: Stay on top of bookkeeping. Only take on clients you can believe in. [#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:52:13 +0000 - tweet id 13439118149 - #94



**@karens swim** RT @cloucksahumada: RT@karens swim: [#solopr](#). Dont forget doggie playtime breaks! (I miss having a dog) ;( [#solopr](#)

Wed, 05 May 2010 17:52:12 +0000 - tweet id 13439117311 - #95



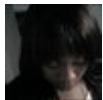
**@sandrasays** @LeliaKate I am finding myself actually taking off the weekends these days and doing non-work things like seeing friends, etc. [#solopr](#)

*Wed, 05 May 2010 17:51:53 +0000 - tweet id 13439103745 - #96*



**@IMPACTMKTPR** Depends on how intense and x you run? Ha! RT @westthirdgroup: @karensxim I run to and from the fridge -- does that count? [#solopr](#)

*Wed, 05 May 2010 17:51:47 +0000 - tweet id 13439099515 - #97*



**@KeeyanaHall** I totally agree! RT @PRProSanDiego: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#solopr](#)

*Wed, 05 May 2010 17:51:38 +0000 - tweet id 13439093520 - #98*



**@kellynandrews** How come my hour of exercising can't fly by as quickly as the hour of [#solopr](#) chats?!?

*Wed, 05 May 2010 17:51:38 +0000 - tweet id 13439093246 - #99*



**@karensxim** @LeliaKate Agree with you, I also shut down on the weekends, an occas Sat but for "me work" not client work [#solopr](#)

*Wed, 05 May 2010 17:51:37 +0000 - tweet id 13439092555 - #100*



**@KellyeCrane** Q4: Also, we've talked before about maintaining a robust network of colleagues. They can help when you need 'em [#solopr](#)

*Wed, 05 May 2010 17:51:27 +0000 - tweet id 13439085669 - #101*



**@cgornpr** RT @KellyeCrane: Q4: Projections are an important part of avoiding overload. Try not to be greedy, or you may pay w/your sanity! [#solopr](#)

*Wed, 05 May 2010 17:51:27 +0000 - tweet id 13439085390 - #102*



**@luannsaid** Q4: Stay on top of bookkeeping. Only take on clients you can believe in. [#solopr](#)

*Wed, 05 May 2010 17:51:20 +0000 - tweet id 13439080527 - #103*



**@BGdoesPR** RT @KCDPR: Q4: retainers are your friend! [#solopr](#)

*Wed, 05 May 2010 17:50:47 +0000 - tweet id 13439057806 - #104*



**@sandrasays** RT @kellynandrews: Well said @cloudspark: 1)create wk that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:50:37 +0000 - tweet id 13439050167 - #105*



**@2DegreesMktg** @KellyeCrane Q2 Not taking client calls/emails after hrs unless relevant. Doing couple hrs work/week outside. Tequila. [#solopr](#)

*Wed, 05 May 2010 17:50:36 +0000 - tweet id 13439049760 - #106*



**@LeliaKate** A4: I agree with many of you - set contracts, set hours, be realistic, be happy. I also take off (shut down) most weekends. [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:50:27 +0000 - tweet id 13439043360 - #107*



**@IMPACTMKTpr** :->) RT @BGdoesPR: Make time for friends and fun events. And I always put them on the calendar so I schedule around them. [#solopr](#)

*Wed, 05 May 2010 17:50:22 +0000 - tweet id 13439039810 - #108*



**@KCDPR** Q4: retainers are your friend! [#solopr](#)

*Wed, 05 May 2010 17:50:18 +0000 - tweet id 13439036903 - #109*



**@KellyeCrane** Q4: Projections are an important part of avoiding getting overloaded. Try not to be greedy, or you may pay w/your sanity! [#solopr](#)

*Wed, 05 May 2010 17:50:11 +0000 - tweet id 13439031228 - #110*



**@davispr** RT @krisTK: RT @cloudspark: Q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:49:48 +0000 - tweet id 13439015097 - #111*



**@kellynandrews** Well said @cloudspark: 1)create wk that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:49:29 +0000 - tweet id 13439001495 - #112*



**@KellyeCrane** RT @lisavielee: Q4: I try to say no to projects but also give referrals to help fulfill need. It creates good will and good karma. [#solopr](#)

*Wed, 05 May 2010 17:49:22 +0000 - tweet id 13438996402 - #113*



**@IMPACTMKTPR** RT @KellyeCrane: @karens swim Along those lines, going to the park and quietly sitting in a swing praying/meditating [#solopr](#)

*Wed, 05 May 2010 17:49:18 +0000 - tweet id 13438994059 - #114*



**@jillvan** RT @KellyeCrane: Q4: I set a max # of hours I'm willing to work per wk. Do I stretch it sometimes? Yes, but at least I know [#solopr](#)

*Wed, 05 May 2010 17:49:14 +0000 - tweet id 13438991010 - #115*



**@krisTK** RT @cloudspark: Q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:49:11 +0000 - tweet id 13438988829 - #116*



**@KellyeCrane** @2DegreesMktg Whoa! What a crazy life we lead sometimes, huh? [#solopr](#)

*Wed, 05 May 2010 17:49:04 +0000 - tweet id 13438984082 - #117*



**@KCDPR** @davispr gr8 to hear. My industry associations tend to do that. I've found PRSA to be a job fair/vendor fair [#solopr](#)

*Wed, 05 May 2010 17:48:59 +0000 - tweet id 13438980961 - #118*



**@karensxim** RT @KellyeCrane: Q4: I set a max # of hours Im willing to work per wk. Do I stretch it sometimes? Yes, but at least I know (Ha!) [#solopr](#)

*Wed, 05 May 2010 17:48:58 +0000 - tweet id 13438980067 - #119*



**@mbarber** RT @KellyeCrane: Q4: I set a max # of hours Im willing to work per wk. Do I stretch it sometimes? Yes, but at least I know [#solopr](#)

*Wed, 05 May 2010 17:48:56 +0000 - tweet id 13438978640 - #120*



**@lisavielee @KellyeCrane** Q4: I try to say no to projects but also give referrals to help fulfill need. It creates good will and good karma. [#solopr](#)

*Wed, 05 May 2010 17:48:49 +0000 - tweet id 13438973714 - #121*



**@KatTayls @IMPACTMKTPR** I make a point to go "screen free" at least a couple nights during the week and one day a weekend. I notice a pos diff. [#solopr](#)

*Wed, 05 May 2010 17:48:49 +0000 - tweet id 13438973357 - #122*



**@IMPACTMKTPR** RE <http://bit.ly/9rf3LR> Anyone else trade services? How do you decide? [#solopr](#)

*Wed, 05 May 2010 17:48:42 +0000 - tweet id 13438968310 - #123*



**@KellyeCrane** RT @cloudspark: q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:48:33 +0000 - tweet id 13438961726 - #124*



**@BGdoesPR @KellyeCrane @karensim** Yes, some stress is good. Need that adrenaline at time to push through challenges. [#solopr](#)

*Wed, 05 May 2010 17:48:22 +0000 - tweet id 13438953985 - #125*



**@PRProSanDiego @krisTK @KCDPR** Most clients have been referred to me by PRSA colleagues. I'm a lifer. <---Concur! Seems counterintuitive but true. [#solopr](#)

*Wed, 05 May 2010 17:48:20 +0000 - tweet id 13438952873 - #126*



**@KellyeCrane** Q4: I set a max # of hours I'm willing to work per wk. Do I stretch it sometimes? Yes, but at least I know [#solopr](#)

*Wed, 05 May 2010 17:48:19 +0000 - tweet id 13438951547 - #127*



**@cgornpr** RT @cloudspark: q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:48:10 +0000 - tweet id 13438944884 - #128*



**@IMPACTMKTPR** RE <http://bit.ly/c2u6h9> What is RingCentral? [#solopr](#)

*Wed, 05 May 2010 17:47:47 +0000 - tweet id 13438929383 - #129*



**@davispr** Me too. I'm a big PRSA geek. RT krisTK: @KCDPR Most of my clients have been referred to me by PRSA colleagues. I'm a lifer. [#solopr](#)

*Wed, 05 May 2010 17:47:41 +0000 - tweet id 13438925015 - #130*



**@2DegreesMktg** @KellyeCrane client crossed professional boundary-I declined- his wife (never met) began emailing me about their marriage. [#solopr](#)

*Wed, 05 May 2010 17:47:39 +0000 - tweet id 13438923862 - #131*



**@karenswim** @Despil Lol! That is a good stress reliever. :- ) [#solopr](#)

*Wed, 05 May 2010 17:47:26 +0000 - tweet id 13438913854 - #132*



**@BGdoesPR** RT @cgornpr: Q4: We need to challenge ourselves, but we need to learn to say no. Sometimes, we are not the right fit for a client. [#solopr](#)

*Wed, 05 May 2010 17:47:22 +0000 - tweet id 13438911163 - #133*



**@PRjeff** RT @karensim: A4: Avoid toxic people, and learn to say no [#solopr](#)

*Wed, 05 May 2010 17:47:16 +0000 - tweet id 13438906671 - #134*



**@cloudspark** @KellyeCrane q4 1) create work that excites you 2) have contracts 3) be realistic w/ hours 4) keep learning 5) be in a community [#solopr](#)

*Wed, 05 May 2010 17:47:12 +0000 - tweet id 13438903281 - #135*



**@krisTK** Q4: Taking a break is crucial, even a few minutes of physical movement, conversation, breathing [#solopr](#)

*Wed, 05 May 2010 17:47:08 +0000 - tweet id 13438900523 - #136*



**@IMPACTMKTPR** Ooh! RT @KellyeCrane: Now we're talkin'! RT @doitinpublic: Q2: I'm loyal to ...steam the stress out of the body. [#solopr](#) (edits)

*Wed, 05 May 2010 17:46:56 +0000 - tweet id 13438892347 - #137*



**@KellyeCrane** @luannsaid I found my VA on a local recommendations engine (Kudzu.com in Atlanta). You could ask for recs on Twitter [#solopr](#)

*Wed, 05 May 2010 17:46:52 +0000 - tweet id 13438889070 - #138*



**@karens swim** @KellyeCrane Laugh breaks are so fun, and I'm a goof so it's easy :-)  
[#solopr](#)

*Wed, 05 May 2010 17:46:50 +0000 - tweet id 1343888194 - #139*



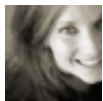
**@KatTayls** @PRjeff Try it first thing in the a.m. By the time you think of excuses or get distracted, the workout's already over!  
[#solopr](#)

*Wed, 05 May 2010 17:46:45 +0000 - tweet id 13438883957 - #140*



**@cgornpr** Q4: We need to challenge ourselves, but we need to learn to say no. Sometimes, we are not the right fit for a client.  
[#solopr](#)

*Wed, 05 May 2010 17:46:32 +0000 - tweet id 13438874749 - #141*



**@LeliaKate** Hi guys, just joining in to [#solopr](#) chat.  
[#solopr](#)

*Wed, 05 May 2010 17:46:20 +0000 - tweet id 13438866395 - #142*



**@krisTK** Topic is secondary to ppl. RT @davispr: I find networking valuable even if program isn't. U never know the nuggets u get from others  
[#solopr](#)

*Wed, 05 May 2010 17:46:11 +0000 - tweet id 13438859230 - #143*



**@Despil** @karens swim I try to practice qi gong - with more or less success. more less :)  
[#solopr](#)

*Wed, 05 May 2010 17:45:58 +0000 - tweet id 13438850326 - #144*



**@KellyeCrane** RT @karens swim: A4: Some stress is good, when we are challenging ourselves or busy with work we love...  
[#solopr](#)

*Wed, 05 May 2010 17:45:47 +0000 - tweet id 13438842424 - #145*



**@karens swim** A4: Avoid toxic people, and learn to say no [#solopr](#)

*Wed, 05 May 2010 17:45:40 +0000 - tweet id 13438837286 - #146*



**@luann said** @KellyeCrane Do you use a service to find a VA -- or is it someone you know? [#solopr](#)

*Wed, 05 May 2010 17:45:37 +0000 - tweet id 13438835360 - #147*



**@you plus me CEO** Me yeah! RT @KellyeCrane: Q3 Some1 said it earlier, but heading out of office 2 networking events is both biz dev & stress relieving [#solopr](#)

*Wed, 05 May 2010 17:45:31 +0000 - tweet id 13438830887 - #148*



**@kelly n andrews** Q4: As a [#solopr](#) mentioned earlier, recognize what stress we bring upon ourselves and change those habits (procrastination, etc.)

*Wed, 05 May 2010 17:45:30 +0000 - tweet id 13438829612 - #149*



**@KellyeCrane** @karens swim Love the idea of a laugh break! [#solopr](#)

*Wed, 05 May 2010 17:45:25 +0000 - tweet id 13438826292 - #150*



**@jill van** Q4: I think it's totally unavoidable. But I try to reduce it by being highly organized and asking for help when needed. [#solopr](#)

*Wed, 05 May 2010 17:45:25 +0000 - tweet id 13438826258 - #151*



**@IMPACTMKTPR** How many do this? RT @rmpapag: Q2: ....end of day all electronics get turned off. Smartphone is checked after dinner once. [#solopr](#)

*Wed, 05 May 2010 17:45:24 +0000 - tweet id 13438825142 - #152*



**@BGdoesPR** @KatTayls So key and right on - stepping away from screens. ALL of them - phone, computer, tv, ipod. [#solopr](#)

*Wed, 05 May 2010 17:45:16 +0000 - tweet id 13438818809 - #153*



**@davispr** RT @2DegreesMktg: @KellyeCrane I highly recommend a 2nd anonymous Twitter account to vent. Helps immensely. [#solopr](#)

*Wed, 05 May 2010 17:45:12 +0000 - tweet id 13438815938 - #154*



**@KellyeCrane** @LScribner I've opted to use a VA mainly when my personal life becomes filled with to-dos (like now!). [#solopr](#)

*Wed, 05 May 2010 17:44:57 +0000 - tweet id 13438804941 - #155*



**@karenschwim** A4: Some stress is good, when we are challenging ourselves or busy with work we love, key to know the diff btn good & bad stress [#solopr](#)

*Wed, 05 May 2010 17:44:45 +0000 - tweet id 13438795638 - #156*



**@LauraScholz** RT @cloudspark: RT @paulajohns: Re: Q2 Saw a tweet recently -- having my home in the middle of my office is getting to be a problem. [#solopr](#)

*Wed, 05 May 2010 17:44:34 +0000 - tweet id 13438787097 - #157*



**@IMPACTMKTPR** :>) RT **@SarahDawley**: Q2: I listen to music and have a little dance party every now and then. Dead serious. [#solopr](#)

*Wed, 05 May 2010 17:44:33 +0000 - tweet id 13438786318 - #158*



**@andreaschulle** RT **@luannsaid**: Q3: Making lists and checking things off usually puts my nerves at ease. [#solopr](#) << Me too! I am a list maker for sure!

*Wed, 05 May 2010 17:44:33 +0000 - tweet id 13438786288 - #159*



**@sандрасays** **@IMPACTMKTPR** **@PRjeff** I hired a PT for once a week and go to the gym first thing in the morning, otherwise no exercise for me [#solopr](#)

*Wed, 05 May 2010 17:44:24 +0000 - tweet id 13438779566 - #160*



**@BiancaFreedman** **@sarahdawley** same [#solopr](#) also-- I ALWAYS start anything with giant chart paper and coloured markers. I make things visual.. even key msgs

*Wed, 05 May 2010 17:44:23 +0000 - tweet id 13438779006 - #161*



**@IMPACTMKTPR** RT **@jillvan**: Q2: I try to take Fridays off b/c I feel that my daughter deserves that day . I love it! [#solopr](#)

*Wed, 05 May 2010 17:44:15 +0000 - tweet id 13438772858 - #162*



**@davispr** **@KCDPR** **@IMPACTMKTPR** I find networking valuable even if the program isn't. U never know what nuggets u get from others in the room. [#solopr](#)

*Wed, 05 May 2010 17:44:08 +0000 - tweet id 13438768178 - #163*



**@2DegreesMktg** **@KellyeCrane** I highly recommend a 2nd anonymous Twitter account to vent. Helps immensely. [#solopr](#)

Wed, 05 May 2010 17:43:57 +0000 - tweet id 13438761287 - #164



**@cloudspark** RT @paulajohns: Re: Q2 Saw a tweet recently -- having my home in the middle of my office is getting to be a problem. [#solopr](#)

Wed, 05 May 2010 17:43:51 +0000 - tweet id 13438757207 - #165



**@karenschwim** I take quiet breaks - go outside, breathe, just give my mind a rest and laugh breaks, love those! [#solopr](#)

Wed, 05 May 2010 17:43:46 +0000 - tweet id 13438754001 - #166



**@KCDPR** Just seems very elementary and heavy vendor pitching RT @cgornpr: @KCDPR Sometimes I get value out of PRSA workshops. It is tough [#solopr](#)

Wed, 05 May 2010 17:43:45 +0000 - tweet id 13438752861 - #167



**@KellyeCrane** Q4: What steps can we take in our businesses to avoid stress in the 1st place? [#solopr](#)

Wed, 05 May 2010 17:43:40 +0000 - tweet id 13438749515 - #168



**@LScribner** I don't have any VAs, should I?? :) [#solopr](#)

Wed, 05 May 2010 17:43:39 +0000 - tweet id 13438749285 - #169



**@krisTK** @KCDPR Most of my clients have been referred to me by PRSA colleagues. I'm a lifer. [#solopr](#)

Wed, 05 May 2010 17:43:37 +0000 - tweet id 13438747403 - #170



**@IMPACTMKTPR** Hire a PT and set a day or two. RT **@PRjeff**: Q2: ITHINKING about 30 min. exercise daily, but workload continue to usually trump that. [#solopr](#)

*Wed, 05 May 2010 17:43:29 +0000 - tweet id 13438742277 - #171*



**@KatTayls @BGdoesPR** Add a novel to that mix and you just described last night. :) sometimes we just need to step away from the screens. [#solopr](#)

*Wed, 05 May 2010 17:43:05 +0000 - tweet id 13438725290 - #172*



**@krisTK** Q2: others have commented how much I like what I do, and I ask "why should it be any other way?" [#solopr](#)

*Wed, 05 May 2010 17:42:38 +0000 - tweet id 13438707104 - #173*



**@cgornpr @KCDPR** Sometimes I get value out of PRSA workshops. It is tough though. I tend to go to what itnerests me. [#solopr](#)

*Wed, 05 May 2010 17:42:32 +0000 - tweet id 13438702991 - #174*



**@luannsaid** Q3: Making lists and checking things off usually puts my nerves at ease. [#solopr](#)

*Wed, 05 May 2010 17:42:06 +0000 - tweet id 13438683659 - #175*



**@KellyeCrane** Research, personal shopping, scheduling house maintenance... RT **@krisTK**: Q3: What do your VAs help you with? I'm intrigued [#solopr](#)

*Wed, 05 May 2010 17:42:00 +0000 - tweet id 13438679497 - #176*



**@IMPACTMKTPR** RT **@KCDPR**: Q2: Scheduling a lunch a few times a month w/ friends/network contacts. Having a dog helps. :) [#solopr](#)

*Wed, 05 May 2010 17:41:48 +0000 - tweet id 13438671050 - #177*



**@KCDPR** Has anyone found value? none for me over the yrs RT **@IMPACTMKTPR**: How m programs (PRSA, IABC, etc.) do you attend per month? [#solopr](#)

*Wed, 05 May 2010 17:41:42 +0000 - tweet id 13438666940 - #178*



**@BGdoesPR** **@SarahDawley** Agree, makes feel so productive to cross things off. Also helps track time for each client, for billing and productivity. [#solopr](#)

*Wed, 05 May 2010 17:41:38 +0000 - tweet id 13438663516 - #179*



**@IMPACTMKTPR** RT **@SarahDawley**: **@westthirdgroup** I don't think that's odd. When you're a [#solopr](#), work is literally ur life. Can't have one w/out other.

*Wed, 05 May 2010 17:41:06 +0000 - tweet id 13438639299 - #180*



**@mdbarber** Me too! RT **@krisTK**: Q3: What do your VAs help you with? Im intrigued [#solopr](#)

*Wed, 05 May 2010 17:41:05 +0000 - tweet id 13438638640 - #181*



**@davispr** I still do that! RT **@mdbarber** My mom used to refer to her "floor files" - various stacks of paper around her office. LOL [#solopr](#)

*Wed, 05 May 2010 17:40:53 +0000 - tweet id 13438630467 - #182*



**@trishlambert** Q2: I take "life breaks" in the middle of the workday. Go visit horses, take dogs walking, check out garden...very relaxing. [#solopr](#)

*Wed, 05 May 2010 17:40:50 +0000 - tweet id 13438628447 - #183*



**@PRProSanDiego** So let me name them! **@AYHFamilycare**, **@SanDiegoHospice**, **@GreenScaped**, **@SDCTA** Note that they are ALL on Twitter! [#soloPR](#)

*Wed, 05 May 2010 17:40:27 +0000 - tweet id 13438610739 - #184*



**@IMPACTMKTPR** RT **@rmpapag**: Q2: I have hobbies outside of work that have nothing in common with my work. Right now learning to be a [#beekeeper](#) [#solopr](#)

*Wed, 05 May 2010 17:40:20 +0000 - tweet id 13438605900 - #185*



**@BGdoesPR** **@KatTayls** I still eat chocolate and crave red wine, but it helps ;) [#solopr](#)

*Wed, 05 May 2010 17:40:17 +0000 - tweet id 13438603506 - #186*



**@KCDPR** I use 8X8, very similar RT **@karensxim**: **@Organic\_PR** Having used a VoIP, I can honestly say RingCentral is much better virtual PBX [#solopr](#)

*Wed, 05 May 2010 17:40:17 +0000 - tweet id 13438603443 - #187*



**@krisTK** Q3: What do your VAs help you with? I'm intrigued [#solopr](#)

*Wed, 05 May 2010 17:40:11 +0000 - tweet id 13438598984 - #188*



**@SarahDawley** Q3: Physically writing out a To-Do list and crossing things off of it. It's a great stress reliever & a motivator at the same time. [#soloPR](#)

*Wed, 05 May 2010 17:40:11 +0000 - tweet id 13438598403 - #189*



**@BGdoesPR** **@cgornpr** Empty inbox takes lots of time and organization, but can be really worth it for peace-of-mind and productivity. [#solopr](#)

Wed, 05 May 2010 17:39:52 +0000 - tweet id 13438585273 - #190



**@IMPACTMKTPR** How many prof dev. programs (PRSA, IABC, etc.) do you attend each month? [#solopr](#)

Wed, 05 May 2010 17:39:44 +0000 - tweet id 13438579753 - #191



**@lisavielee** RT **@PRProSanDiego**: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#solopr](#)

Wed, 05 May 2010 17:39:19 +0000 - tweet id 13438561214 - #192



**@KatTayls** Too true! RT **@KellyeCrane** Q3: I have all sound notifications turned off. I hate stuff dinging at me all day! [#solopr](#)

Wed, 05 May 2010 17:39:13 +0000 - tweet id 13438556950 - #193



**@westthirdgroup** **@PRjeff** There are two black ducks about a mile away that entertain me when I'm tired of the world. I know how you feel. [#solopr](#)

Wed, 05 May 2010 17:39:06 +0000 - tweet id 13438552618 - #194



**@krisTK** **@mdbarber** **@kellyecrane** My piles of paper grow into piles of files then piles of boxes of files. AAugh. [#solopr](#)

Wed, 05 May 2010 17:38:55 +0000 - tweet id 13438545063 - #195



**@PRProSanDiego** Q3: Bad sign: you walk into your office in the AM, and to your surprise there is an empty shot glass sitting on the desk. [#soloPR](#)

Wed, 05 May 2010 17:38:39 +0000 - tweet id 13438533169 - #196



**@IMPACTMKTPR** RT @johnarobertson @krisTK [#solopr](#) don't have an established network, commit to 2 - 4 networking events per month [#solopr](#)

*Wed, 05 May 2010 17:38:26 +0000 - tweet id 13438523132 - #197*



**@KellyeCrane** Great idea RT @rajean: Jumping in, Q3 ...I also have a heated foot massager at my desk. Yeah, baby! [#solopr](#)

*Wed, 05 May 2010 17:38:23 +0000 - tweet id 13438520766 - #198*



**@3hatscomm** Me too. RT @rajean: Q3 work or anytime stress reliever - music! I also have a heated foot massager at my desk. [#solopr](#)

*Wed, 05 May 2010 17:38:15 +0000 - tweet id 13438515131 - #199*



**@cgornpr** RT @PRProSanDiego: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#solopr](#)

*Wed, 05 May 2010 17:38:12 +0000 - tweet id 13438512703 - #200*



**@PRjeff** Q3: Sometimes I'll go visit our chickens. These silly creatures are great stress relievers. [#solopr](#)

*Wed, 05 May 2010 17:38:08 +0000 - tweet id 13438509983 - #201*



**@Organic\_PR** @karensim Thanks. I always learn about such great things at [#solopr](#). Now to manage work/life balance.

*Wed, 05 May 2010 17:37:55 +0000 - tweet id 13438501420 - #202*



**@3hatscomm** Me too. RT **@rajean**: Q3 work or anytime stress reliever - music! I also have a heated foot massager at my desk. Yeah, baby! [#solopr](#)

*Wed, 05 May 2010 17:37:52 +0000 - tweet id 13438499356 - #203*



**@paulajohns** Ha ha - good question. I don't know the financial specifics, but it works for her. RT **@ProfessorGary**: Balance or Tax avoidance? [#solopr](#)

*Wed, 05 May 2010 17:37:37 +0000 - tweet id 13438489258 - #204*



**@BGdoesPR** **@PRProSanDiego** So agree! Clients that say "thank you" make such a difference when you are working soo hard to develop story/lead. [#solopr](#)

*Wed, 05 May 2010 17:37:34 +0000 - tweet id 13438487054 - #205*



**@KellyeCrane** Nice! RT **@PRProSanDiego**: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#solopr](#)

*Wed, 05 May 2010 17:37:31 +0000 - tweet id 13438484509 - #206*



**@mdbarber** **@KellyeCrane** Floor fillers. Like that. I guess at least mine are still on my desk. The bigger they are the more stressed I am. [#solopr](#)

*Wed, 05 May 2010 17:37:31 +0000 - tweet id 13438484250 - #207*



**@cgornpr** **@PRProSanDiego** Yes! The great clients make what we do some much easier! I have a couple of clients that make my stress level go down [#solopr](#)

*Wed, 05 May 2010 17:37:29 +0000 - tweet id 13438483090 - #208*



**@jillvan** YES!! RT **@PRProSanDiego**: Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#soloPR](#) [#solopr](#)

Wed, 05 May 2010 17:37:13 +0000 - tweet id 13438471206 - #209



**@karenschwim** @Organic\_PR Having used a VoIP, I can honestly say RingCentral is much better, so many features, virtual PBX [#solopr](#)

Wed, 05 May 2010 17:37:10 +0000 - tweet id 13438468683 - #210



**@cgornpr** @BGdoesPR Empty email inboxes? How does that happen? [#solopr](#)

Wed, 05 May 2010 17:37:03 +0000 - tweet id 13438464076 - #211



**@IMPACTMKTPR** When is day over? RT @KCDPR: Having a separate room as an office has made a HUGE impact. Once day is over. DO NOT go back in there. [#solopr](#)

Wed, 05 May 2010 17:36:46 +0000 - tweet id 13438451446 - #212



**@lisavielee** LOL! RT @paulajohns: Re: Q2 Saw a tweet recently -- having my home in the middle of my office is getting to be a problem. [#solopr](#)

Wed, 05 May 2010 17:36:39 +0000 - tweet id 13438446623 - #213



**@PRProSanDiego** Q3: Top of the list: truly appreciative clients. I should pay THEM. They make it all worthwhile. [#soloPR](#)

Wed, 05 May 2010 17:36:31 +0000 - tweet id 13438440408 - #214



**@rajejan** Jumping in, Q3 work or anytime stress reliever - music! I also have a heated foot massager at my desk. Yeah, baby! [#soloPR](#)

Wed, 05 May 2010 17:36:24 +0000 - tweet id 13438434854 - #215



**@BGdoesPR** @PRjeff YES! I dream about an empty inbox. [#solopr](#)

*Wed, 05 May 2010 17:36:08 +0000 - tweet id 13438422352 - #216*



**@westthirdgroup** @PRjeff Crap... I have 5,238 in my inbox -- and that's only since April 1. [#solopr](#)

*Wed, 05 May 2010 17:36:03 +0000 - tweet id 13438419064 - #217*



**@paulajohns** Agree -- need to do away w/ noise! RT @KellyeCrane: Q3: I have all sound notifications turned off. Hate stuff dinging at me all day! [#solopr](#)

*Wed, 05 May 2010 17:36:02 +0000 - tweet id 13438418323 - #218*



**@akenn** @PRjeff I've given up on that one...justify it b/c it takes longer to delete emails than to skip/ignore them [#solopr](#)

*Wed, 05 May 2010 17:35:59 +0000 - tweet id 13438416264 - #219*



**@cloudspark** q3: benefit of solo office, can crank tunes loud as needed for a stress reliever [#solopr](#)

*Wed, 05 May 2010 17:35:52 +0000 - tweet id 13438410731 - #220*



**@KellyeCrane** RT @Organic\_PR: @KellyeCrane Q3: How have you all found virtual assistants? Helpful or more work to train? What tasks work best? [#solopr](#)

*Wed, 05 May 2010 17:35:43 +0000 - tweet id 13438403004 - #221*



**@Organic\_PR** @karensim Thanks. That's what I pay for Vonage without all the features! [#solopr](#)

Wed, 05 May 2010 17:35:38 +0000 - tweet id 13438399771 - #222



**@ProfessorGary** Balance or Tax avoidance? RT @PaulaJohns [#soloPR](#) friend barbers with clients - yoga, skincare, coaching - work/life balance.

Wed, 05 May 2010 17:35:36 +0000 - tweet id 13438397767 - #223



**@BGdoesPR** @KatTayls Great point about running/swimming to get great ideas. I bet clearing your head helps the good stuff become top-of-mind. [#solopr](#)

Wed, 05 May 2010 17:35:33 +0000 - tweet id 13438395893 - #224



**@jenzings** The discussion on today's [#solopr](#) is helpful to just about anyone--they are discussing stress-relievers right now!

Wed, 05 May 2010 17:35:30 +0000 - tweet id 13438393393 - #225



**@3hatscomm** @KellyeCrane I just shut down, log in and out as I need to get stuff done. The emails, VMs, tweets will still be there. [#solopr](#)

Wed, 05 May 2010 17:35:25 +0000 - tweet id 13438389095 - #226



**@PRjeff** Q3: Having a zero inbox. I'm only 506 e-mails away from that dream currently... sigh [#solopr](#)

Wed, 05 May 2010 17:35:03 +0000 - tweet id 13438371516 - #227



**@KellyeCrane** I knew I could count on you RT @krisTK: Q2: I need more stress-relievers in my life... surprised no one has mentioned cocktails. [#solopr](#)

Wed, 05 May 2010 17:35:00 +0000 - tweet id 13438369214 - #228



**@Organic\_PR @KellyeCrane** Q3: How have you all found virtual assistants? Helpful or more work to train? What tasks work best? [#solopr](#)

*Wed, 05 May 2010 17:34:56 +0000 - tweet id 13438366262 - #229*



**@paulajohns** Re: Q2 Saw a tweet recently -- having my home in the middle of my office is getting to be a problem. [#solopr](#)

*Wed, 05 May 2010 17:34:53 +0000 - tweet id 13438363597 - #230*



**@KellyeCrane @mdbarber** My mom used to refer to her "floor files" - various stacks of paper around her office. LOL [#solopr](#)

*Wed, 05 May 2010 17:34:35 +0000 - tweet id 13438349763 - #231*



**@youplusmeCEO** I want that + crystal ball to see client plcmnts RT @PRProSanDiego: get my Magic PR Fairy Wand: would contain the fur of a pit bull. [#soloPR](#)

*Wed, 05 May 2010 17:34:32 +0000 - tweet id 13438347404 - #232*



**@KellyeCrane** Q3: I have all sound notifications turned off. I hate stuff dinging at me all day! [#solopr](#)

*Wed, 05 May 2010 17:33:56 +0000 - tweet id 13438320637 - #233*



**@IMPACTMKTPR** RT @krisTK: @PRProSanDiego Got love clients with impossible expectations. We often learn the warning signs the hard way. [#solopr](#)

*Wed, 05 May 2010 17:33:49 +0000 - tweet id 13438315399 - #234*



**@karensxim** @Organic\_PR I have a zillion extensions too, can't say enough good things about them [#solopr](#)

*Wed, 05 May 2010 17:33:31 +0000 - tweet id 13438302077 - #235*



**@IMPACTMKTPR** RE <http://bit.ly/deA8jk> I get bkgd info on past mkt efforts and then lead them to path of reality instead of Oprah show first. [#solopr](#)

*Wed, 05 May 2010 17:33:29 +0000 - tweet id 13438300194 - #236*



**@BGdoesPR** RT @PRProSanDiego: @KrisTK I used to rep a cosmetic dermatologist. You bet I took some payment in trade! [#soloPR](#)

*Wed, 05 May 2010 17:33:24 +0000 - tweet id 13438295999 - #237*



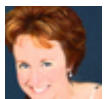
**@mdbarber** Q3 -- Putting piles into a stack & getting rid of the stack helps me. [#solopr](#)

*Wed, 05 May 2010 17:33:23 +0000 - tweet id 13438295252 - #238*



**@krisTK** Q2: I need more stress-relievers in my life. These are great ideas. surprised no one has mentioned cocktails. [#solopr](#)

*Wed, 05 May 2010 17:33:22 +0000 - tweet id 13438294363 - #239*



**@PRProSanDiego** @youplusmeCEO @erica\_holloway Q2 Oh yes, regular [#tipit](#) sharing war stories rocks! Anything that gets you laughing works. [#solopr](#)

*Wed, 05 May 2010 17:33:18 +0000 - tweet id 13438291872 - #240*



**@akenn** Q3: work related stress relievers? Shutting down social media app windows so I can focus... [#solopr](#)

Wed, 05 May 2010 17:33:16 +0000 - tweet id 13438289698 - #241



**@KellyeCrane** RT @sandrasays: I use Google Voice as main number now. Route calls to the phone I am using, stop routing at the end of the day. [#solopr](#)

Wed, 05 May 2010 17:33:14 +0000 - tweet id 13438288695 - #242



**@pauljohns** A [#soloPR](#) friend of mine does a lot of bartering with clients - yoga, skincare, coaching -- you name it. She's got work/life balance nailed.

Wed, 05 May 2010 17:32:59 +0000 - tweet id 13438277953 - #243



**@youplusmeCEO** RT @PRProSanDiego: @krisTK need 2 go 2 Harry Potter wand shop 1st & get my Magic PR Fairy Wand would contain the fur of a pit bull. [#soloPR](#)

Wed, 05 May 2010 17:32:56 +0000 - tweet id 13438275782 - #244



**@westthirdgroup** Q3: My trusty WSJ. [#solopr](#)

Wed, 05 May 2010 17:32:50 +0000 - tweet id 13438271442 - #245



**@karensWim** @Organic\_PR \$30 a month [#solopr](#)

Wed, 05 May 2010 17:32:48 +0000 - tweet id 13438269877 - #246



**@sandrasays** I use Google Voice as main number now. Route calls to the phone I am using, stop routing at the end of the day. [#solopr](#)

Wed, 05 May 2010 17:32:42 +0000 - tweet id 13438265919 - #247



**@jillvan** Q3: Honestly, sometimes just doing admin-type stuff is a stress reliever. [#solopr](#)

*Wed, 05 May 2010 17:32:39 +0000 - tweet id 13438263394 - #248*



**@cgornpr** @KCDPR Agreed on reading the paper. [#solopr](#)

*Wed, 05 May 2010 17:32:33 +0000 - tweet id 13438258757 - #249*



**@KellyeCrane** Q3: Sometimes buying some Virtual Assistant services will help immensely. Many offer packages of X # of hours [#solopr](#)

*Wed, 05 May 2010 17:32:31 +0000 - tweet id 13438257330 - #250*



**@akenn** Love this - esp true about needing time to remember what you like! @LauraScholtz's mental health day post <http://bit.ly/cn5KpK> [#solopr](#)

*Wed, 05 May 2010 17:32:24 +0000 - tweet id 13438252490 - #251*



**@Organic\_PR** @karensim How much is RingCentral? Ballpark? [#solopr](#)

*Wed, 05 May 2010 17:32:14 +0000 - tweet id 13438245002 - #252*



**@BGdoesPR** @KellyeCrane For work-stress relievers I utilize my team, delegate, and stay organized with clear priorities. If I don't know, ask. [#solopr](#)

*Wed, 05 May 2010 17:32:10 +0000 - tweet id 13438241806 - #253*



**@cgornpr** Q3: Crossing things off of my to-do list, great meetings with clients, attending PRSA workshops and events, and networking. [#solopr](#)

Wed, 05 May 2010 17:32:10 +0000 - tweet id 13438241415 - #254



**@westthirdgroup** @mdbarber Agreed -- this may be the most social thing I've done this week. (/hermit) [#solopr](#)

Wed, 05 May 2010 17:31:54 +0000 - tweet id 13438230639 - #255



**@KCDPR** reading the paper, call me old school RT @KellyeCrane: Q3: What work-related stress relievers have you found? [#solopr](#)

Wed, 05 May 2010 17:31:50 +0000 - tweet id 13438227179 - #256



**@westthirdgroup** @ImpactMktPR If I could do biz-dev and plans all day? Yup -- that's the dream. Most of the pub-sec work I do now is planning. [#solopr](#)

Wed, 05 May 2010 17:31:24 +0000 - tweet id 13438207768 - #257



**@krisTK** Shortest hour of my week. Q2: RT @paulajohns: Even taking some time out to hang out on Twitter is a stress reliever [#solopr](#)

Wed, 05 May 2010 17:31:23 +0000 - tweet id 13438206559 - #258



**@mdbarber** Agree: RT @paulajohns: Even taking some time out to hang out on Twitter is a stress reliever for busy [#soloPR](#) pros. Q2. [#solopr](#)

Wed, 05 May 2010 17:31:19 +0000 - tweet id 13438203450 - #259



**@karenschwim** Oops that was clients no apostrophe aargh [#solopr](#)

Wed, 05 May 2010 17:31:10 +0000 - tweet id 13438197113 - #260



**@PRProSanDiego @KrisTK** I used to rep a cosmetic dermatologist. You bet I took some payment in trade! [#soloPR](#)

*Wed, 05 May 2010 17:31:07 +0000 - tweet id 13438195187 - #261*



**@KellyeCrane @paulajohns** Yes! Today's [#solopr](#) chat is doing wonders for my stress level, actually. :-)

*Wed, 05 May 2010 17:30:59 +0000 - tweet id 13438189416 - #262*



**@KCDPR @krisTK** Boo [#solopr](#)

*Wed, 05 May 2010 17:30:58 +0000 - tweet id 13438188685 - #263*



**@mdbarber** Even better RT @karensxim: @mdbarber Youll love it & you can get/receive calls on smartphone w/out giving clients mobile number [#solopr](#)

*Wed, 05 May 2010 17:30:54 +0000 - tweet id 13438185255 - #264*



**@MikeDriehorst** I run up & down steps (home office < - >& rest of house) RT @westthirdgroup: @karensxim I run to & from fridge -- does that count? [#solopr](#)

*Wed, 05 May 2010 17:30:52 +0000 - tweet id 13438184467 - #265*



**@BGdoesPR @KellyeCrane** Yes, I also appreciated @LauraScholtz's post. Very true. [#solopr](#)

*Wed, 05 May 2010 17:30:48 +0000 - tweet id 13438181129 - #266*



**@karensxim** RT @paulajohns: Even taking some time out to hang out on Twitter is a stress reliever for busy [#soloPR](#) pros. Q2.>>Very true! [#solopr](#)

*Wed, 05 May 2010 17:30:42 +0000 - tweet id 13438176200 - #267*



**@cgornpr** @krisTK Ahhh!!!! Not as fun. [#solopr](#)

*Wed, 05 May 2010 17:30:38 +0000 - tweet id 13438172884 - #268*



**@KellyeCrane** Q3: What work-related stress relievers have you found? [#solopr](#)

*Wed, 05 May 2010 17:30:38 +0000 - tweet id 13438172685 - #269*



**@karensxim** @mdbarber You'll love it & you can get/receive calls on smartphone w/out giving client's mobile number [#solopr](#)

*Wed, 05 May 2010 17:30:17 +0000 - tweet id 13438156169 - #270*



**@paulajohns** Even taking some time out to hang out on Twitter is a stress reliever for busy [#soloPR](#) pros. Q2.

*Wed, 05 May 2010 17:30:06 +0000 - tweet id 13438146873 - #271*



**@krisTK** @mdbarber @jillvan @cgornpr @akenn @LauraScholz @KCDPR Im gonna check it out, but it's a "Contempo Spa" w machines, hands-off [#solopr](#)

*Wed, 05 May 2010 17:30:02 +0000 - tweet id 13438143787 - #272*



**@IMPACTMKTPR** LOL! RT @youplusmeCEO: q1 waiting most stressful for me as [#solopr](#). Waiting for yes, invoice to be paid, campaign launch. [#solopr](#)

*Wed, 05 May 2010 17:29:59 +0000 - tweet id 13438141878 - #273*



**@mdbarber** Cool: RingCentral -- It's a great app for faxing directly from computer. [#solopr](#) /via @PRjeff

*Wed, 05 May 2010 17:29:52 +0000 - tweet id 13438136824 - #274*



**@KellyeCrane** @ImpactMktPR Believe it or not, a lot of really bad stuff happened to me in 2005. But I lived to tell the tale! [#solopr](#)

*Wed, 05 May 2010 17:29:46 +0000 - tweet id 13438132410 - #275*



**@karensxim** @PRjeff Well the faxing is great (any extension ) but also the phone service rocks & it's inexpensive! [#solopr](#)

*Wed, 05 May 2010 17:29:33 +0000 - tweet id 13438122264 - #276*



**@shonali** @mdbarber @arun4 I'm not on [#solopr](#) either, too much work. :( How's you?!

*Wed, 05 May 2010 17:29:23 +0000 - tweet id 13438115002 - #277*



**@mdbarber** Must check out ringcentral. [#solopr](#)

*Wed, 05 May 2010 17:29:15 +0000 - tweet id 13438109041 - #278*



**@IMPACTMKT** YES! RT @krisTK: Network is crucial to sanity, success RT @johnarobertson [#solopr](#)

*Wed, 05 May 2010 17:29:09 +0000 - tweet id 13438103906 - #279*



**@mdbarber** Ring tones -- Maybe I'll change client ring tones to song -- 9 to 5! [#solopr](#)

*Wed, 05 May 2010 17:29:01 +0000 - tweet id 13438098688 - #280*



**@youplusmeCEO** Q2 I find [#tipit](#) w colleagues helps - right [@prprosandiego](#) [@erica\\_holloway](#): I plan a semi-reg tweetup just to hang w media pros [#solopr](#)

*Wed, 05 May 2010 17:28:59 +0000 - tweet id 13438097237 - #281*



**@KellyeCrane** Another inspiration for today's chat was [@LauraScholtz](#)'s terrific post on her mental health day: <http://bit.ly/cn5KpK> [#solopr](#)

*Wed, 05 May 2010 17:28:51 +0000 - tweet id 13438091041 - #282*



**@karensuim** [@rockstarjen](#) Twitter is weird hiss boo sorry we missed you! [#solopr](#)

*Wed, 05 May 2010 17:28:50 +0000 - tweet id 13438090371 - #283*



**@KCDPR** 4 sure. RT [@krisTK](#) Q2: Im meeting prospective client Monday who wants to trade spa services for PR. [#solopr](#)

*Wed, 05 May 2010 17:28:43 +0000 - tweet id 13438084819 - #284*



**@BGdoesPR** [@westthirdgroup](#) Running to the fridge? No way :) [#solopr](#)

*Wed, 05 May 2010 17:28:41 +0000 - tweet id 13438083759 - #285*



**@PRjeff** It's a great app for faxing directly from computer. RT [@mdbarber](#): [@karensuim](#) Okay - whats ring central? [#solopr](#)

*Wed, 05 May 2010 17:28:35 +0000 - tweet id 13438079059 - #286*



**@IMPACTMKTPR** [@KellyeCrane](#) WOW. You could help others in that capacity. That's something. Hope not all same time. [#solopr](#)

Wed, 05 May 2010 17:28:31 +0000 - tweet id 13438076385 - #287



**@mbarber** Great plan! RT @kellynandrews: @mbarber Give clients and fam/friends different rings as a way to separate. Easier to screen/select [#solopr](#)

Wed, 05 May 2010 17:28:17 +0000 - tweet id 13438065552 - #288



**@akenn** I agree. There's an exception to every rule! RT @mbarber: @krisTK Id barter for that! [#solopr](#)

Wed, 05 May 2010 17:28:01 +0000 - tweet id 13438054887 - #289



**@karensxim** @mbarber phone service highly recommend check them out <http://ringcentral.com> [#solopr](#)

Wed, 05 May 2010 17:28:00 +0000 - tweet id 13438054259 - #290



**@westthirdgroup** @karensxim I run to and from the fridge -- does that count? [#solopr](#)

Wed, 05 May 2010 17:28:00 +0000 - tweet id 13438054014 - #291



**@BGdoesPR** RT @MeganWolfinger: @sarahdawley Do what makes you happy. Lifestyle-wise do you want flexibility or stability? Might help you decide [#solopr](#)

Wed, 05 May 2010 17:27:58 +0000 - tweet id 13438052867 - #292



**@doitinpublic** @krisTK Take the trade! =) RT @krisTK Q2: Im meeting prospective client Monday who wants to trade spa services for PR. [#solopr](#)

Wed, 05 May 2010 17:27:47 +0000 - tweet id 13438045032 - #293



**@LauraScholz** Nice to "meet" you! RT **@karens swim**: Yes! Another runner! **@LauraScholz** [#solopr](#)

*Wed, 05 May 2010 17:27:46 +0000 - tweet id 13438043996 - #294*



**@rockstarjen** I only had 20 minutes for [#solopr](#) chat today, and they were rife with internet issued. boo!

*Wed, 05 May 2010 17:27:32 +0000 - tweet id 13438034050 - #295*



**@krisTK** **@mdbarber** **@karens swim** I'm going to check it out too -- after [#solopr](#)

*Wed, 05 May 2010 17:27:24 +0000 - tweet id 13438028395 - #296*



**@BGdoesPR** Make time for friends and fun events. And I always put them on the calendar so I schedule around them. [#solopr](#)

*Wed, 05 May 2010 17:27:21 +0000 - tweet id 13438025892 - #297*



**@karens swim** Yes! Another runner! **@LauraScholz** [#solopr](#)

*Wed, 05 May 2010 17:27:19 +0000 - tweet id 13438024628 - #298*



**@IMPACTMKT PR** Thought about making that your trademark and outsource work? RT **@westthirdgroup**: Biz-dev, on other hand? Like to chase new work. [#solopr](#)

*Wed, 05 May 2010 17:27:19 +0000 - tweet id 13438024401 - #299*



**@PRProSanDiego** **@krisTK** I need to go to the Harry Potter wand shop first and get my Magic PR Fairy Wand! It would contain the fur of a pit bull. [#soloPR](#)

*Wed, 05 May 2010 17:27:18 +0000 - tweet id 13438023706 - #300*



**@kellynandrews** @mdbarber You could give clients and fam/friends different rings as a way to separate. Easier to tune out rings after a certain hr [#solopr](#)

*Wed, 05 May 2010 17:27:13 +0000 - tweet id 13438019964 - #301*



**@SarahDawley** @johnarobertson Even with an established network, it's still tough taking the risk. But oh, so very worth it. [#solopr](#)

*Wed, 05 May 2010 17:27:09 +0000 - tweet id 13438017430 - #302*



**@youplusmeCEO** I was just talking about funk yesterday; usually my job re-energizes for the next big task. Lately its been sucking me dry [#solopr](#)

*Wed, 05 May 2010 17:27:07 +0000 - tweet id 13438016122 - #303*



**@mdbarber** @krisTK I'd barter for that! [#solopr](#)

*Wed, 05 May 2010 17:26:55 +0000 - tweet id 13438007929 - #304*



**@MeganWolfinger** @sarahdawley Do what makes you happy. Lifestyle-wise do you want flexibility or stability? Might help you decide [#solopr](#)

*Wed, 05 May 2010 17:26:54 +0000 - tweet id 13438007095 - #305*



**@luannsaid** Hi [#solopr](#) gang! Just joining chat now. Indie PR in Austin for B2B & professional services. Q2: Chocolate. Yoga. And play w/the kiddos.

*Wed, 05 May 2010 17:26:51 +0000 - tweet id 13438005163 - #306*



**@jillvan** @krisTK I would totally consider it! ;-)  
[#solopr](#)

*Wed, 05 May 2010 17:26:50 +0000 - tweet id 13438004419 - #307*



**@LauraScholz** Ooo! RT @krisTK: Q2: Mtg prospective client Mon who wants to trade spa services for PR. Normally I don't barter but I'm tempted. [#solopr](#)

*Wed, 05 May 2010 17:26:46 +0000 - tweet id 13438001666 - #308*



**@KellyeCrane** @karensxim Along those lines, going to the park and quietly sitting in a swing praying/meditating is a refuge for me [#solopr](#)

*Wed, 05 May 2010 17:26:43 +0000 - tweet id 13437999401 - #309*



**@mdbarber** @karensxim Okay -- what's ring central? [#solopr](#)

*Wed, 05 May 2010 17:26:36 +0000 - tweet id 13437993903 - #310*



**@KCDPR** VoIP w/ ring types is a lifesaver RT @karensxim: @mdbarber I use RingCentral another reason I love, no need for a sep. hard phone [#solopr](#)

*Wed, 05 May 2010 17:26:27 +0000 - tweet id 13437987402 - #311*



**@cgornpr** @krisTK Now that is a barter!!! [#solopr](#)

*Wed, 05 May 2010 17:26:23 +0000 - tweet id 13437984327 - #312*



**@paulajohns** Hi [#soloPR](#) - Joining from San Diego area - Q2 I go outside and get some fresh air -- take my dog for a walk and clear my head. [#solopr](#)

*Wed, 05 May 2010 17:26:17 +0000 - tweet id 13437979994 - #313*



**@LauraScholz** Q2: Running. Crazy distances. It's surprisingly calming, plus I get good ideas on my runs. [#solopr](#)

*Wed, 05 May 2010 17:26:06 +0000 - tweet id 13437971866 - #314*



**@krisTK** Q2: Im meeting prospective client Monday who wants to trade spa services for PR. Normally I don't barter but I'm tempted. [#solopr](#)

*Wed, 05 May 2010 17:25:54 +0000 - tweet id 13437963701 - #315*



**@karensxim** @mdbarber I use RingCentral another reason I love, no need for a sep. hard phone [#solopr](#)

*Wed, 05 May 2010 17:25:49 +0000 - tweet id 13437959968 - #316*



**@KellyeCrane** @westthirdgroup Maybe I have friends because I get stressed so frequently I have to call them often? [#solopr](#)

*Wed, 05 May 2010 17:25:39 +0000 - tweet id 13437952289 - #317*



**@PRProSanDiego** Stress management = exercise, hobbies, and loving what you do. Work/play/life is all one for me. I don't need to escape! [#soloPR](#)

*Wed, 05 May 2010 17:25:33 +0000 - tweet id 13437947058 - #318*



**@bluejayPR** @sarahdawley You don't have to be [#solopr](#) for that. I dance in my office or sometimes in the hallway at work. Nobody every joins in though

*Wed, 05 May 2010 17:25:27 +0000 - tweet id 13437942820 - #319*



**@IMPACTMKTPR** HUGE! RT @johnarobertson: @sarahdawley ADV to both sides of coin..definitely tough to be a [#solopr](#) when start out unless have estab network

*Wed, 05 May 2010 17:25:25 +0000 - tweet id 13437941124 - #320*



**@jillvan** Love it! RT @SarahDawley: Q2: I listen to music and have a little dance party every now and then. Dead serious. [#solopr](#)

*Wed, 05 May 2010 17:25:12 +0000 - tweet id 13437930491 - #321*



**@jetsnow** RT @KellyeCrane: Q2: Picking up the phone and calling an old friend is a great way to relax for me. [#solopr](#)

*Wed, 05 May 2010 17:25:06 +0000 - tweet id 13437925771 - #322*



**@KellyeCrane** Now we're talkin'! RT @doitinpublic: Q2: I'm loyal to spa days- massage + steam the stress out of the body. [#solopr](#)

*Wed, 05 May 2010 17:24:59 +0000 - tweet id 13437921012 - #323*



**@krisTK** @PRProSanDiego Is "magic PR fairy" on your biz cards? That would be a great title. [#solopr](#)

*Wed, 05 May 2010 17:24:50 +0000 - tweet id 13437914104 - #324*



**@westthirdgroup** @KellyeCrane You have friends? Man, I gotta try me some of this next-level stuff. ;) [#solopr](#)

*Wed, 05 May 2010 17:24:49 +0000 - tweet id 13437912923 - #325*



**@mbarber** Q2 - For those turning off smartphones. Do you have a sep phone for business? I can't turn off because it's how kids reach me. [#solopr](#)

Wed, 05 May 2010 17:24:47 +0000 - tweet id 13437911742 - #326



**@LScribner** Q2. I'm also a fan of prayer, walking and binging on sunflower seeds:) [#solopr](#)

Wed, 05 May 2010 17:24:38 +0000 - tweet id 13437904776 - #327



**@kellynandrews** @SarahDawley I do the same thing! Dance parties can help any funk. [#solopr](#)

Wed, 05 May 2010 17:24:33 +0000 - tweet id 13437900340 - #328



**@doitinpublic** Q2: I'm loyal to spa days- massage + steam the stress out of the body. [#solopr](#)

Wed, 05 May 2010 17:24:25 +0000 - tweet id 13437894082 - #329



**@KCDPR** I live next to a MLB stadium so the sound of batting practice and play by play is a great de-stresser [#solopr](#)

Wed, 05 May 2010 17:24:20 +0000 - tweet id 13437889738 - #330



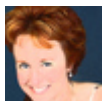
**@krisTK** Q2: being out on the water or near it refreshes my spirit -- now if only that nasty oilspill wasnt headed my way [#solopr](#)

Wed, 05 May 2010 17:24:18 +0000 - tweet id 13437888774 - #331



**@IMPACTMKTPR** RT @westthirdgroup: I'm a control freak, but in all the wrong ways...[#solopr](#)

Wed, 05 May 2010 17:24:15 +0000 - tweet id 13437886035 - #332



**@PRProSanDiego** @IMPACTMKTPR Why don't clients "participate?" They think they can delegate PR & forget it while the Magic PR Fairy makes it happen. [#soloPR](#)

Wed, 05 May 2010 17:24:06 +0000 - tweet id 13437879266 - #333



**@karensxim** RT @SarahDawley: Q2: I listen to music and have a little dance party every now and then. Dead serious. (Me too!) [#solopr](#)

Wed, 05 May 2010 17:23:59 +0000 - tweet id 13437873975 - #334



**@KellyeCrane** Q2: Picking up the phone and calling an old friend is a great way to relax for me. [#solopr](#)

Wed, 05 May 2010 17:23:58 +0000 - tweet id 13437873918 - #335



**@cgornpr** @jillvan I have Mondays off and try to only work during my kids nap on those days. [#solopr](#)

Wed, 05 May 2010 17:23:40 +0000 - tweet id 13437859810 - #336



**@kellynandrews** @rmpapag Agreed. My pups ensure that I take a few breathers throughout the day, which does wonders for concentration and motivation [#solopr](#)

Wed, 05 May 2010 17:23:37 +0000 - tweet id 13437857592 - #337



**@GetPushing** RT @amymengel How to pitch Op-Eds to USA Today <http://bit.ly/denOK7> [#pr](#) ([#solopr](#) FYI)

Wed, 05 May 2010 17:23:23 +0000 - tweet id 13437846608 - #338



**@rmpapag** Q2: At the end of the business day [this can vary] all electronics get turned off. Smartphone is checked after dinner once. [#solopr](#)

Wed, 05 May 2010 17:23:23 +0000 - tweet id 13437846386 - #339



**@IMPACTMKTPR** Ha!RT @kellynandrews: Q1: The time before I realize some jobs need to be outsourced (bookkeeping, admin...) recognize my weaknesses! [#solopr](#)

*Wed, 05 May 2010 17:23:03 +0000 - tweet id 13437832106 - #340*



**@SarahDawley** Q2: I listen to music and have a little dance party every now and then. Dead serious. [#solopr](#)

*Wed, 05 May 2010 17:22:59 +0000 - tweet id 13437829053 - #341*



**@jillvan** Q2: I try to take Fridays off b/c I feel that my daughter deserves that day after sticking her w/ a nanny all week. I love it! [#solopr](#)

*Wed, 05 May 2010 17:22:33 +0000 - tweet id 13437809539 - #342*



**@KellyeCrane** RT @KellyeCrane: Q2: What steps do you take in your personal life that help you manage stress (exercise, puppies, etc.)? [#solopr](#)

*Wed, 05 May 2010 17:22:25 +0000 - tweet id 13437803817 - #343*



**@krisTK** @rmpapag I have a beekeeping neighbor who keeps us in honey. [#solopr](#)

*Wed, 05 May 2010 17:22:10 +0000 - tweet id 13437792608 - #344*



**@KCDPR** Me too! and day baseball on TV in background! RT @rmpapag: Q2: Also have an "appointment" to walk dog in the middle of day [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:22:02 +0000 - tweet id 13437787173 - #345*



**@karensxim** A2: Start my day with prayer and exercise to set the foundation, keeps things in perspective [#solopr](#)

*Wed, 05 May 2010 17:22:01 +0000 - tweet id 13437786392 - #346*



**@KellyeCrane** LOL RT **@westthirdgroup**: Bingo: I was the world's crankiest agency VP -- but I'm all sunshine and rainbows as a solo. [#solopr](#)

*Wed, 05 May 2010 17:21:38 +0000 - tweet id 13437769390 - #347*



**@IMPACTMKTTPR** That was suppose to be a period at the end of last tweet. [#solopr](#)

*Wed, 05 May 2010 17:21:36 +0000 - tweet id 13437768073 - #348*



**@PRjeff** Q2: I keep THINKING about taking 30 min. to exercise daily, but let workload continue to usually trump that. [#solopr](#)

*Wed, 05 May 2010 17:21:35 +0000 - tweet id 13437767347 - #349*



**@KellyeCrane** Good ones. RT **@cgornpr**: Q2: Getting out of the house, excercise, playing with my toddler, turning off my computer. [#solopr](#)

*Wed, 05 May 2010 17:21:13 +0000 - tweet id 13437750444 - #350*



**@westthirdgroup** **@KellyeCrane** Bingo: I was the world's crankiest agency VP -- but I'm all sunshine and rainbows as a solo. [#solopr](#)

*Wed, 05 May 2010 17:21:07 +0000 - tweet id 13437746362 - #351*



**@IMPACTMKTPR** Suggest scheduling 1/2 day or 1 day each week to do marketing and business ops for your own practice? [#solopr](#)

*Wed, 05 May 2010 17:21:00 +0000 - tweet id 13437741485 - #352*



**@karenschwim** I missed Q2 what was it? [#solopr](#)

*Wed, 05 May 2010 17:20:46 +0000 - tweet id 13437730606 - #353*



**@krisTK @PRjeff** Thanks. That visual image was definitely my LOL moment of the day. [#solopr](#)

*Wed, 05 May 2010 17:20:34 +0000 - tweet id 13437721684 - #354*



**@rmpapag** Q2: Also have an "appointment" to walk the dog daily in the middle of my work day. Helps a lot to clear my head [#solopr](#)

*Wed, 05 May 2010 17:20:24 +0000 - tweet id 13437712995 - #355*



**@KellyeCrane** Wow! RT @rmpapag: Q2: I have hobbies outside of work that have nothing in common with my work. Right now learning to be a [#beekeeper](#) [#solopr](#)

*Wed, 05 May 2010 17:20:22 +0000 - tweet id 13437712024 - #356*



**@PRjeff** Q1: Wearing accounting hat is indeed stressful. Glad I have a great CPA for year-end taxes [#solopr](#)

*Wed, 05 May 2010 17:20:22 +0000 - tweet id 13437711434 - #357*



**@KCDPR** Q2: Scheduling a lunch a few times a month w/ friends/network contacts. Having a dog helps. Can't imagine juggling kids :) [#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:20:19 +0000 - tweet id 13437709675 - #358



**@mdbarber** @karensxim So true! [#solopr](#)

Wed, 05 May 2010 17:20:14 +0000 - tweet id 13437705144 - #359



**@KellyeCrane** True! RT @jillvan: Q1: It could be worse, though. A reason I went solo was to get away from the stress I had in a non-solo world. [#solopr](#)

Wed, 05 May 2010 17:20:00 +0000 - tweet id 13437694093 - #360



**@westthirdgroup** @rmpapag You are?? That's been on my to-do list forever! (/jealous) [#solopr](#)

Wed, 05 May 2010 17:19:54 +0000 - tweet id 13437689186 - #361



**@karensxim** @mdbarber Lol, that's happened to me today too, people are going to wonder what we're drinking over here! [#solopr](#)

Wed, 05 May 2010 17:19:46 +0000 - tweet id 13437683346 - #362



**@cgornpr** Q2: Getting out of the house, exercise, playing with my toddler, turning off my computer. [#solopr](#)

Wed, 05 May 2010 17:19:35 +0000 - tweet id 13437674474 - #363



**@SarahDawley** @westthirdgroup I don't think that's odd. When you're a [#solopr](#), your work is quite literally your life. Can't have one without the other.

Wed, 05 May 2010 17:19:32 +0000 - tweet id 13437671636 - #364



**@PRjeff** Just wait 'til clients do likewise RT @krisTK: My dog lets me know when I've sat at desk too long. Puts her head on my knee & whines [#solopr](#)

*Wed, 05 May 2010 17:19:31 +0000 - tweet id 13437671167 - #365*



**@rmpapag** Q2: I have hobbies outside of work that have nothing in common with my work. Right now learning to be a [#beekeeper](#) [#solopr](#)

*Wed, 05 May 2010 17:19:13 +0000 - tweet id 13437657099 - #366*



**@KellyeCrane** Good point- \$ issues are stressful! RT @LauraScholz: Q1: Being a bill collector. And trying to budget on inconsistent income. [#solopr](#)

*Wed, 05 May 2010 17:19:12 +0000 - tweet id 13437656853 - #367*



**@jillvan** Q1: It could be worse, though. A reason I went solo was to get away from the stress I had in a non-solo world. I needed a break. [#solopr](#)

*Wed, 05 May 2010 17:18:51 +0000 - tweet id 13437641918 - #368*



**@IMPACTMKTPR** @PRProSanDiego Now why don't they do their part? Is it bc they're not getting paid to do it? [#solopr](#)

*Wed, 05 May 2010 17:18:49 +0000 - tweet id 13437640451 - #369*



**@karensxim** RT @LauraScholz: Q1: Being a bill collector. And trying to budget on inconsistent income. [#solopr](#)

*Wed, 05 May 2010 17:18:46 +0000 - tweet id 13437637963 - #370*



**@westthirdgroup** Q2: Lots and lots of bluetick coonhound. [#solopr](#)

*Wed, 05 May 2010 17:18:46 +0000 - tweet id 13437637509 - #371*



**@mdbarber** @karensxim That's why I thought I should join. [#solopr](#)

*Wed, 05 May 2010 17:18:43 +0000 - tweet id 13437635589 - #372*



**@johnarobertson** @krisTK [#solopr](#) and if you don't have an established network, commit to 2 - 4 networking events per month

*Wed, 05 May 2010 17:18:42 +0000 - tweet id 13437634970 - #373*



**@KellyeCrane** @westthirdgroup That's terrific - it's why people envy us so. [#solopr](#)

*Wed, 05 May 2010 17:18:38 +0000 - tweet id 13437632074 - #374*



**@mdbarber** Great. Wonder how many times I posted my good morning message now. Said failed & now it's in the stream. Just contributes 2 stress. [#solopr](#)

*Wed, 05 May 2010 17:18:29 +0000 - tweet id 13437625189 - #375*



**@krisTK** My dog lets me know when I've sat at desk too long. Puts her head on my knee and whines. @merylkevans @karensxim @PRProSanDiego [#solopr](#)

*Wed, 05 May 2010 17:18:25 +0000 - tweet id 13437621687 - #376*



**@PRjeff** Who's Oprah? RT @PRProSanDiego: My personal nightmare:"Get me on Oprah!" UGH. If I havent already signed the client, I run away. [#solopr](#)

Wed, 05 May 2010 17:18:22 +0000 - tweet id 13437619927 - #377



**@KellyeCrane** Me too! RT **@KCDPR**: Having a separate room as an office has made a HUGE impact. Once day is over --DO NOT go back in there. [#solopr](#)

Wed, 05 May 2010 17:18:12 +0000 - tweet id 13437611654 - #378



**@karensim** **@mdbarber** Great to see you and today's topic is stress :- ) [#solopr](#)

Wed, 05 May 2010 17:18:06 +0000 - tweet id 13437607185 - #379



**@LauraScholz** Q1: Being a bill collector. And trying to budget on inconsistent income. [#solopr](#)

Wed, 05 May 2010 17:18:05 +0000 - tweet id 13437606659 - #380



**@IMPACTMKTPR** Ouch! RT **@PRProSanDiego**: Biggest stress mng client expectations, esp. with clients who won't put in the work/effort at THEIR end. [#soloPR](#)

Wed, 05 May 2010 17:17:59 +0000 - tweet id 13437602763 - #381



**@KellyeCrane** Q2: What steps do you take in your personal life that help you manage stress (exercise, puppies, etc.)? [#solopr](#)

Wed, 05 May 2010 17:17:54 +0000 - tweet id 13437598915 - #382



**@cgornpr** **@KCDPR** I am about to move in that direction, setting up office this week. [#solopr](#)

Wed, 05 May 2010 17:17:52 +0000 - tweet id 13437597586 - #383



**@KCDPR** Having a separate room as an office has made a HUGE impact. Once day is over - DO NOT go back in there. [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:17:39 +0000 - tweet id 13437586968 - #384*



**@cgornpr @jillvan** Ha! So true about living in the office. [#solopr](#)

*Wed, 05 May 2010 17:17:36 +0000 - tweet id 13437585400 - #385*



**@westthirdgroup** For me, work/life balance is a false dichotomy; my work is my hobby and avocation as much as my livelihood. (Hi, I'm odd.) [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:17:33 +0000 - tweet id 13437582953 - #386*



**@JennJuckett** so True! RT @PRProSanDiego: My personal nightmare: "Get me on Oprah!" UGH. If I haven't already signed the client, I run away. [#soloPR](#)

*Wed, 05 May 2010 17:17:26 +0000 - tweet id 13437577887 - #387*



**@KCDPR** Having a separate room as an office has made a HUGE impact. Once day is over -- DO NOT go back in there. [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:17:23 +0000 - tweet id 13437575671 - #388*



**@mbarber** Hey all...finally able to check in to chat. May not be able to stay. Too much happening today. [#solopr](#)

*Wed, 05 May 2010 17:17:20 +0000 - tweet id 13437573424 - #389*



**@westthirdgroup** For me, work/life balance is a false dichotomy; my work is my hobby and avocation as much as my livelihood. (Hi, I'm odd.) [#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:17:13 +0000 - tweet id 13437567839 - #390



**@IMPACTMKTPR** RT @krisTK: Q1: I've learned root cause of stress is my decisions -- saying Yes when I should say No or Maybe Later. [#solopr](#)

Wed, 05 May 2010 17:17:08 +0000 - tweet id 13437564034 - #391



**@IMPACTMKTPR** RT @KellyeCrane: Q1: Juggling the many parts of one's life can be extra stressful as a solo. We don't have the luxury of slacking! [#solopr](#)

Wed, 05 May 2010 17:16:46 +0000 - tweet id 13437548890 - #392



**@krisTK** @PRProSanDiego Got love clients with impossible expectations. We often learn the warning signs the hard way. [#solopr](#)

Wed, 05 May 2010 17:16:32 +0000 - tweet id 13437537819 - #393



**@KellyeCrane** @cgompr: Yes, we're our own worse critic sometimes. [#solopr](#)

Wed, 05 May 2010 17:16:26 +0000 - tweet id 13437533176 - #394



**@IMPACTMKTPR** Good one, Kevin. @KCDPR RE: book 1 hour daily for me, non-work related. [#solopr](#)

Wed, 05 May 2010 17:16:26 +0000 - tweet id 13437533100 - #395



**@jillvan** Totally how I feel. RT @krisTK: Q1: Many of u have heard my joke about work/life balance: I don't work f/ home; I live in my office. [#solopr](#)

Wed, 05 May 2010 17:16:22 +0000 - tweet id 13437529999 - #396



**@KCDPR** Ha! Have had that exact sitch happen to me RT **@PRProSanDiego**: My personal nightmare: "Get me on Oprah!" [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:16:21 +0000 - tweet id 13437529585 - #397*



**@karensxim** RT **@PRProSanDiego**: My personal nightmare: Hearing "Get me on Oprah!" UGH. If I havent already signed the client, I run away.>LOL [#solopr](#)

*Wed, 05 May 2010 17:16:14 +0000 - tweet id 13437524309 - #398*



**@3hatscomm** Snerk, me too. RT **@krisTK**: Q1: Many of you have heard my joke about work/life balance: I dont work from home; I live in my office. [#solopr](#)

*Wed, 05 May 2010 17:16:02 +0000 - tweet id 13437515741 - #399*



**@KellyeCrane** Awesome. RT **@krisTK**: Q1: Many of you have heard my joke about work/life balance: I don't work from home; I live in my office. [#solopr](#)

*Wed, 05 May 2010 17:15:56 +0000 - tweet id 13437511353 - #400*



**@merylkevans** Toddlers & dogs are great for making you leave the desk! [#solopr](#) RT **@karensxim** **@PRProSanDiego** Indeed! Must walk dog or clean mess!

*Wed, 05 May 2010 17:15:54 +0000 - tweet id 13437510363 - #401*



**@karensxim** **@youplusmeCEO** Not a fan of waiting either, my head fills the silence with craziness! [#solopr](#)

*Wed, 05 May 2010 17:15:45 +0000 - tweet id 13437503208 - #402*



**@KellyeCrane** @ambercleveland Hi- right now, we're talking about stressful situations we've encountered. [#solopr](#)

*Wed, 05 May 2010 17:15:39 +0000 - tweet id 13437498319 - #403*



**@PRProSanDiego** My personal nightmare: Hearing "Get me on Oprah!" UGH. If I haven't already signed the client, I run away. [#soloPR](#)

*Wed, 05 May 2010 17:15:17 +0000 - tweet id 13437481354 - #404*



**@krisTK** Q1: Many of you have heard my joke about work/life balance: I don't work from home; I live in my office. [#solopr](#)

*Wed, 05 May 2010 17:15:13 +0000 - tweet id 13437477319 - #405*



**@cgornpr** My stress: high expectations I put on myself, pitches that don't work, and balancing life as a mom of a toddler and biz owner. [#solopr](#)

*Wed, 05 May 2010 17:14:59 +0000 - tweet id 13437467249 - #406*



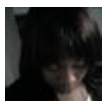
**@IMPACTMKTPR** RT @LScribner: For me it's my own possibly too high expectations of myself and my lack of organization abilities:) [#solopr](#)

*Wed, 05 May 2010 17:14:59 +0000 - tweet id 13437467023 - #407*



**@kellynandrews** @krisTK So, so true! [#solopr](#)

*Wed, 05 May 2010 17:14:43 +0000 - tweet id 13437455052 - #408*



**@KeeyanaHall** Exactly! RT **@krisTK**: Q1: I've learned root cause of stress is my decisions -- saying Yes when I should say No or Maybe Later. [#solopr](#)

*Wed, 05 May 2010 17:14:38 +0000 - tweet id 13437450795 - #409*



**@IMPACTMKTPR** RT **@amvandenhurk**: **@KellyeCrane** Life Balance is tough to achieve when it is [#solopr](#). (edits)

*Wed, 05 May 2010 17:14:38 +0000 - tweet id 13437450567 - #410*



**@karensWim** RT **@krisTK**: Q1: Were a DIY family so asking for help, hiring others is not our norm -- bleeds over into my work (great insight) [#solopr](#)

*Wed, 05 May 2010 17:14:23 +0000 - tweet id 13437438876 - #411*



**@youplusmeCEO** q1 waiting is the most stressful for me as [#solopr](#) - waiting for the yes, waiting for the invoice to be paid, waiting for campaign launch

*Wed, 05 May 2010 17:14:20 +0000 - tweet id 13437436731 - #412*



**@krisTK** Network is crucial to sanity, success RT **@johnarobertson**: tough to be [#solopr](#) when starting out unless you have established network

*Wed, 05 May 2010 17:14:19 +0000 - tweet id 13437436436 - #413*



**@KellyeCrane** Q1: Life can throw many curve balls. I've been through everything from loss of a parent to Hurricane Katrina- still in biz! [#solopr](#)

*Wed, 05 May 2010 17:14:18 +0000 - tweet id 13437435052 - #414*



**@IMPACTMKTPR** RT **@amvandenhurk**: **@KellyeCrane** Life Balance is tough to achieve when it is [#solopr](#). Lucky I've a toddler who pulls me to the middle.

Wed, 05 May 2010 17:14:09 +0000 - tweet id 13437428089 - #415



**@ambercleveland** Just joining, what is Q1? [#solopr](#)

Wed, 05 May 2010 17:14:01 +0000 - tweet id 13437422582 - #416



**@KCDPR** @sdsandiego Great point, this might be my [#1](#). They're on golf course more than in office...[#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:13:54 +0000 - tweet id 13437417155 - #417



**@karensxim** RT @westthirdgroup: Biz-dev, on the other hand? Id like nothing better than to chase new work all day.(I love that too!) [#solopr](#)

Wed, 05 May 2010 17:13:47 +0000 - tweet id 13437412090 - #418



**@IMPACTMKTPR** Oooh. That is stressful. RT @KCDPR: would also add managing subs who are underperforming [#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:13:44 +0000 - tweet id 13437409570 - #419



**@krisTK** Q1: We're a DIY family so asking for help, hiring others is not our norm -- bleeds over into my work [#solopr](#)

Wed, 05 May 2010 17:13:26 +0000 - tweet id 13437395344 - #420



**@westthirdgroup** Biz-dev, on the other hand? I'd like nothing better than to chase new work all day. [#solopr](#)

Wed, 05 May 2010 17:13:10 +0000 - tweet id 13437383300 - #421



**@johnrobertson** @sarahdawley advantages to both sides of the coin..definitely tough to be a [#solopr](#) when starting out unless you have an established network

Wed, 05 May 2010 17:13:08 +0000 - tweet id 13437381658 - #422



**@SarahDawley** Yes! RT @krisTK: Q1: I've learned root cause of stress is my decisions -- saying Yes when I should say No or Maybe Later. [#solopr](#)

Wed, 05 May 2010 17:12:58 +0000 - tweet id 13437375194 - #423



**@karensim** RT @PRProSanDiego: Toddlers and puppies are great for making you leave the desk once in a while! [#solopr](#)

Wed, 05 May 2010 17:12:52 +0000 - tweet id 13437370720 - #424



**@westthirdgroup** I'm a control freak, but in all the wrong ways -- I'll push stuff to the last minute as a way of controlling it, creating stress. [#solopr](#)

Wed, 05 May 2010 17:12:45 +0000 - tweet id 13437365408 - #425



**@IMPACTMKTPR** RT @KellyeCrane: Q1: For me, I get most stressed when I have external pressures on top of the biz stuff.... buying/selling a house! [#solopr](#)

Wed, 05 May 2010 17:12:44 +0000 - tweet id 13437364639 - #426



**@KellyeCrane** @jillvan: Calgon! :-)) That's quite a list. [#solopr](#)

Wed, 05 May 2010 17:12:32 +0000 - tweet id 13437355615 - #427



**@sdsandiego** RT @PRProSanDiego: Biggest stress: managing client expectations, esp. with clients who won't put in the work/effort at THEIR end. [#soloPR](#)

Wed, 05 May 2010 17:12:29 +0000 - tweet id 13437353183 - #428



**@karensxim** I can't tweet or RT @KCDPR, Twitter, bad twitter [#solopr](#)

*Wed, 05 May 2010 17:12:24 +0000 - tweet id 13437349266 - #429*



**@KCDPR** LOL if you only knew ;) RT @karensxim: @KCDPR That is so important, youre a smart man! [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:12:18 +0000 - tweet id 13437344953 - #430*



**@PRProSanDiego** Toddlers and puppies are great for making you leave the desk once in a while! [#soloPR](#)

*Wed, 05 May 2010 17:12:06 +0000 - tweet id 13437335461 - #431*



**@KCDPR** Saying No sometimes is best RT @krisTK: Q1: Ive learned root cause of stress is my decisions say No or Maybe Later [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:11:54 +0000 - tweet id 13437327056 - #432*



**@kellynandrews** Q1: The time just before I realize that some jobs need to be outsourced (bookkeeping, admin., etc.). I'm recognizing my weaknesses! [#solopr](#)

*Wed, 05 May 2010 17:11:51 +0000 - tweet id 13437324893 - #433*



**@IMPACTMKTPR** Hello all. 4 yr. traditional & digital PR and marketing and PR practice with general focus. [#solopr](#)

*Wed, 05 May 2010 17:11:48 +0000 - tweet id 13437323016 - #434*



**@KellyeCrane** So true RT @krisTK: Q1: I've learned root cause of stress is my decisions -- saying Yes when I should say No or Maybe Later. [#solopr](#)

*Wed, 05 May 2010 17:11:45 +0000 - tweet id 13437320268 - #435*



**@PRjeff** Ha. RT @LScribner: Valley of Papers Please? LOL sorry had to throw that one in:) [#solopr](#)

*Wed, 05 May 2010 17:11:44 +0000 - tweet id 13437319884 - #436*



**@KellyeCrane @KCDPR** You're getting ahead of me re: remedies. :- ) [#solopr](#)

*Wed, 05 May 2010 17:11:32 +0000 - tweet id 13437310657 - #437*



**@KCDPR** So true. Saying No sometimes is best RT @krisTK: Q1: Ive learned root cause of stress is my decisions say No or Maybe Later [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:11:21 +0000 - tweet id 13437302060 - #438*



**@jillvan** Q1: Right now, it's dealing with beaucoup urgent projects, plus a toddler, plus one on the way, plus a hubby in grad school. [#solopr](#)

*Wed, 05 May 2010 17:11:21 +0000 - tweet id 13437302030 - #439*



**@karensim** @KCDPR That is so important, you're a smart man! [#solopr](#)

*Wed, 05 May 2010 17:11:15 +0000 - tweet id 13437297700 - #440*



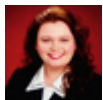
**@KellyeCrane** RT **@LScribner**: For me it's my own possibly too high expectations of myself and my lack of organization abilities:) [#solopr](#)

*Wed, 05 May 2010 17:11:04 +0000 - tweet id 13437289498 - #441*



**@krisTK** **@KCDPR** That's brilliant. I often put my own relaxation, health low on the list. [#solopr](#)

*Wed, 05 May 2010 17:10:57 +0000 - tweet id 13437284351 - #442*



**@3hatscomm** [#PRBC](#) just did post, many hats including crisis mgmt <http://ow.ly/1HIDT> RT **@KellyeCrane**: Putting out fires - yes! [#solopr](#)

*Wed, 05 May 2010 17:10:56 +0000 - tweet id 13437284035 - #443*



**@PRProSanDiego** Biggest stress: managing client expectations, esp. with clients who won't put in the work/effort at THEIR end. [#soloPR](#)

*Wed, 05 May 2010 17:10:54 +0000 - tweet id 13437282066 - #444*



**@lisavielee** **@amvandenhurk** Balance is tough, esp. if [#solopr](#) is work from home (like mine). Wish I could lock door to keep ME out/not working at nite.

*Wed, 05 May 2010 17:10:40 +0000 - tweet id 13437272277 - #445*



**@KellyeCrane** Good 4you! RT **@amvandenhurk**: Life Balance is tough to achieve when it is [#solopr](#). Lucky I've a toddler who pulls me to the middle.

*Wed, 05 May 2010 17:10:38 +0000 - tweet id 13437270667 - #446*



**@allenmireles** RT @KellyeCrane: Q1: Juggling the many parts of one's life can be extra stressful as a solo. We don't have the luxury of slacking! [#solopr](#)

*Wed, 05 May 2010 17:10:21 +0000 - tweet id 13437257653 - #447*



**@karensxim** @krisTK Ack, yes that nail biting period, happens when you change direction too, not fun [#solopr](#)

*Wed, 05 May 2010 17:10:14 +0000 - tweet id 13437252141 - #448*



**@krisTK** Q1: I've learned root cause of stress is my decisions -- saying Yes when I should say No or Maybe Later. [#solopr](#)

*Wed, 05 May 2010 17:10:12 +0000 - tweet id 13437249983 - #449*



**@KellyeCrane** Q1: Juggling the many parts of one's life can be extra stressful as a solo. We don't have the luxury of slacking! [#solopr](#)

*Wed, 05 May 2010 17:09:57 +0000 - tweet id 13437239085 - #450*



**@IMPACTMKTPR** RT @karensxim: A1: Juggling multiple clients, projects with a crisis thrown in for fun [#solopr](#)

*Wed, 05 May 2010 17:09:35 +0000 - tweet id 13437221815 - #451*



**@KCDPR** To help w/ life balance I book an hour meeting every day for me time, gym, fun, anything non-work related [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:09:27 +0000 - tweet id 13437215950 - #452*



**@karensuim** RT **@krisTK**: Q1: Had many sleepless nights the first six months b4 clients began committing. (OK, 9 mos). Questioned my decision. [#solopr](#)

*Wed, 05 May 2010 17:09:26 +0000 - tweet id 13437214841 - #453*



**@IMPACTMKTPR** RT **@KellyeCrane**: Yes, challenging RT **@KCDPR**: Re: Q1 Probably dealing with prospects who want to play make a deal on pricing. [#solopr](#)

*Wed, 05 May 2010 17:09:17 +0000 - tweet id 13437207989 - #454*



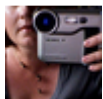
**@LScribner** For me it's my own possibly too high expectations of myself and my lack of organization abilities:) [#solopr](#)

*Wed, 05 May 2010 17:09:06 +0000 - tweet id 13437199283 - #455*



**@KellyeCrane** RT **@krisTK**: Q1: Had many sleepless nights the first six months b4 clients began committing. (OK, 9 mos). Questioned my decision. [#solopr](#)

*Wed, 05 May 2010 17:08:44 +0000 - tweet id 13437183396 - #456*



**@amvandenhurk** **@KellyeCrane** Life Balance is tough to achieve when it is [#solopr](#). Lucky I've a toddler who pulls me to the middle.

*Wed, 05 May 2010 17:08:28 +0000 - tweet id 13437170289 - #457*



**@PRProSanDiego** RT **@KCDPR**: Re: Q1 Probably dealing with prospects who want to play "let's make a deal" on pricing. [#solopr](#) <---Concur, this is a big one.

*Wed, 05 May 2010 17:08:22 +0000 - tweet id 13437165355 - #458*



**@jillvan** Oops - **@KellyeCrane**: RT **@jillvan**: Q1: I just went through that myself -- at Christmas and daughter's 1st bday of all times. NOT FUN. [#solopr](#)

*Wed, 05 May 2010 17:08:21 +0000 - tweet id 13437164805 - #459*



**@KellyeCrane** @westthirdgroup: So true! We all do that sometimes. Then we have to beat ourselves up about it on top of it all. [#solopr](#)

*Wed, 05 May 2010 17:08:00 +0000 - tweet id 13437148732 - #460*



**@KCDPR** would also add managing subs who are underperforming [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:07:52 +0000 - tweet id 13437142058 - #461*



**@jillvan** Q1: I just went through that myself -- at Christmas and daughter's 1st bday of all times. NOT FUN. [#solopr](#)

*Wed, 05 May 2010 17:07:34 +0000 - tweet id 13437128450 - #462*



**@PRProSanDiego** Good morning from sunny San Diego! APR, solo 6 yrs. after 10 yrs PR, 15 yrs as a broadcaster. Follow my dog @MarioABoxer on Twitter! [#soloPR](#)

*Wed, 05 May 2010 17:07:30 +0000 - tweet id 13437125243 - #463*



**@KellyeCrane** Putting out fires - yes! RT @karensim: A1: Juggling multiple clients, projects with a crisis thrown in for fun [#solopr](#)

*Wed, 05 May 2010 17:07:15 +0000 - tweet id 13437113321 - #464*



**@lisavielee** Agreed. Balancing prospects & clients = stress. RT @KCDPR: Probably dealing with prospects who want to play "lets make a deal." [#solopr](#)

*Wed, 05 May 2010 17:07:03 +0000 - tweet id 13437104084 - #465*



**@KeeyanaHall** So excited I get to join [#solopr](#) today!

*Wed, 05 May 2010 17:06:45 +0000 - tweet id 13437090114 - #466*



**@karensxim** @westthirdgroup Lol! Love that answer, and so very true! [#solopr](#)

*Wed, 05 May 2010 17:06:37 +0000 - tweet id 13437084224 - #467*



**@youplusmeCEO** Hey from San Diego; [#solopr](#) for 2+; PR for 10+ - launching into fun new realms

*Wed, 05 May 2010 17:06:35 +0000 - tweet id 13437082108 - #468*



**@KellyeCrane** Yes, challenging RT @KCDPR: Re: Q1 Probably dealing with prospects who want to play "lets make a deal" on pricing. [#solopr](#)

*Wed, 05 May 2010 17:06:33 +0000 - tweet id 13437080257 - #469*



**@KellyeCrane** Q1: For me, I get most stressed when I have external pressures on top of the biz stuff. Right now buying/selling a house! [#solopr](#)

*Wed, 05 May 2010 17:06:09 +0000 - tweet id 13437062090 - #470*



**@westthirdgroup** Cranky clients don't stress me. Cash flow doesn't stress me. Last-minute stuff that I brought upon myself? Yeah, that stresses me. [#solopr](#)

*Wed, 05 May 2010 17:05:55 +0000 - tweet id 13437051700 - #471*



**@krisTK** Hello. I'm based in south MS but work on projects all over. 19 yrs in PR, six as indy, APR. Looking forward to another great [#solopr](#)

Wed, 05 May 2010 17:05:40 +0000 - tweet id 13437040110 - #472



**@karensxim** A1: Juggling multiple clients, projects with a crisis thrown in for fun [#solopr](#)

Wed, 05 May 2010 17:05:40 +0000 - tweet id 13437039827 - #473



**@LScribner** @PRjeff Valley of Papers Please? LOL sorry had to throw that one in:) [#solopr](#)

Wed, 05 May 2010 17:05:38 +0000 - tweet id 13437038276 - #474



**@jillvan** RT @KellyeCrane: Q1: What are some of the most stressful situations you've faced as an independent consultant? [#solopr](#)

Wed, 05 May 2010 17:05:35 +0000 - tweet id 13437036029 - #475



**@KCDPR** Re: Q1 Probably dealing with prospects who want to play "lets make a deal" on pricing. [#solopr](#) [#solopr](#)

Wed, 05 May 2010 17:05:33 +0000 - tweet id 13437034104 - #476



**@KellyeCrane** RT @KCDPR: Agreed things have been much busier -- spending is there. Stress is good if managed well ;) [#solopr](#)

Wed, 05 May 2010 17:05:30 +0000 - tweet id 13437032436 - #477



**@karensxim** RT @KellyeCrane: Q1: What are some of the most stressful situations youve faced as an independent consultant? [#solopr](#)

Wed, 05 May 2010 17:04:54 +0000 - tweet id 13437002949 - #478



**@jillvan** Hi all! Jill from Columbus, 8 years solo. Excited about today's topic! [#solopr](#)

*Wed, 05 May 2010 17:04:45 +0000 - tweet id 13436995698 - #479*



**@LScribner** Hi, Lori here, based in San Diego, tech/consumer tech PR, 6 years solo [#solopr](#)

*Wed, 05 May 2010 17:04:32 +0000 - tweet id 13436984983 - #480*



**@PRjeff** Busy/stressed today w/workload, but will be in and out of today's convo... hoping it will be therapeutic. [#solopr](#)

*Wed, 05 May 2010 17:04:31 +0000 - tweet id 13436984775 - #481*



**@KellyeCrane** Q1: What are some of the most stressful situations you've faced as an independent consultant? [#solopr](#)

*Wed, 05 May 2010 17:04:25 +0000 - tweet id 13436979502 - #482*



**@KCDPR** Agreed things have been much busier -- spending is there. Stress is good if managed well ;) [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:04:23 +0000 - tweet id 13436978416 - #483*



**@KellyeCrane** As solos, we're often under even more pressure. So, today we'll be talking about stress and how we handle it. [#solopr](#)

*Wed, 05 May 2010 17:03:47 +0000 - tweet id 13436949743 - #484*



**@KCDPR** 12 yr PR vet, owner of boutique firm in San Diego [#solopr](#) [#solopr](#)

*Wed, 05 May 2010 17:03:13 +0000 - tweet id 13436920366 - #485*



**@PRjeff** Greetings from the Valley of the Furnace. 23 yrs in PR, solo abt 16. [#solopr](#)

*Wed, 05 May 2010 17:03:11 +0000 - tweet id 13436917994 - #486*



**@KellyeCrane** In addition, I'm seeing lots of folks tweet about being busy/stressed. I'm there, too! [#solopr](#)

*Wed, 05 May 2010 17:02:48 +0000 - tweet id 13436899994 - #487*



**@kellynandrews** Hi, friends! First year [#solopr](#) in Atlanta after years of agency life.

*Wed, 05 May 2010 17:02:47 +0000 - tweet id 13436899164 - #488*



**@KellyeCrane** This week we're doing something a little different. No surprise that PR is one of the most stressful fields: <http://bit.ly/bTJNlr> [#solopr](#)

*Wed, 05 May 2010 17:02:04 +0000 - tweet id 13436863730 - #489*



**@SarahDawley** Going to be popping in and out of the [#soloPR](#) chat...feels like I haven't been able to sit in on a whole chat for months!

*Wed, 05 May 2010 17:01:55 +0000 - tweet id 13436856342 - #490*



**@SPRF2010** RT @KellyeCrane: It's time for this week's [#soloPR](#) chat for independent pros in PR and related fields (and those who want to learn more about it). [#solopr](#)

*Wed, 05 May 2010 17:01:51 +0000 - tweet id 13436853018 - #491*



**@jillvan** RT @karensim: Joining wkly solopr chat, will be noisy for next hour, pls mute if needed or join using tweetchat, all are welcome! [#solopr](#)

Wed, 05 May 2010 17:01:17 +0000 - tweet id 13436825046 - #492



**@karensxim** @KCDPR You're so welcome! :-)  
[#solopr](#)

Wed, 05 May 2010 17:01:16 +0000 - tweet id 13436824164 - #493



**@KCDPR** @KellyeCrane : Agreed things are busy but a small level of stress is good!  
[#solopr](#)  
[#solopr](#)

Wed, 05 May 2010 17:01:13 +0000 - tweet id 13436822166 - #494



**@KellyeCrane** If you're joining, please introduce yourself, and remember to hashtag your tweets with [#solopr](#)

Wed, 05 May 2010 17:00:48 +0000 - tweet id 13436802226 - #495



**@KCDPR** @karensxim : tks for the Tweetchat suggestion, great idea  
[#solopr](#)

Wed, 05 May 2010 17:00:31 +0000 - tweet id 13436787311 - #496



**@KellyeCrane** It's time for this week's [#soloPR](#) chat for independent pros in PR and related fields (and those who want to learn more about it).  
[#solopr](#)

Wed, 05 May 2010 17:00:17 +0000 - tweet id 13436775215 - #497