

Entrepreneurship Summit 2019: Mental Health and Well Being in Entrepreneurship: Embracing the Insecure Entrepreneur: Short Communication- Lizzy Hodcroft, Sweet Beet Myndr Limited, UK

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Short Communication

Research has found that 49% of entrepreneurs are dealing with at least one mental illness. Psychologists agree that creative individuals are more genetically predisposed to mental illness, and it's clear that creative people often go on to become entrepreneurs. When first starting out, virtually every entrepreneur I know has suffered from an insecurity complex of sorts. Yes, you're running a business, but it doesn't feel like a real business because you find yourself staring at your CEO, board of directors and staff while you're brushing your teeth in the morning and walk past your "world headquarters" as you make your way back to your bedroom to get dressed. When you're a business of one (or two or three), it's hard to avoid that stomach churning anxiety. So what can we do? How can we manage our own human emotions while also attempting to achieve big dreams and conquer massive goals? And more importantly, why is it that I believe; the journey of the

Entrepreneur can be one of the most effective paths to discovering who you really are? Instead of looking at how we can push that fear aside or hide it away – I want to try and empower you to embrace the worries, insecurities and doubt and learn how to use that energy for positive results. Acknowledging the aspect of mental health within the startup community means addressing the Uncomfortable topic of self-worth and the pressures highest achiever place on themselves. As harsh as it sounds, there is a strong correlation between mental health and entrepreneurs. Glorified success stories and silence around failure means we often feel that speaking out shows a weakness that could impact your business or even investment.