

Thriving Minds, Thriving Businesses



Exploring Mental Health Challenges and Tips for
Entrepreneurs

Meet Me



- Bilge Kivrak (Bibi)
- Mental Health Practitioner
- LSBU Alumni
- Entrepreneur

**Reminder: This session is
being streamed and recorded**

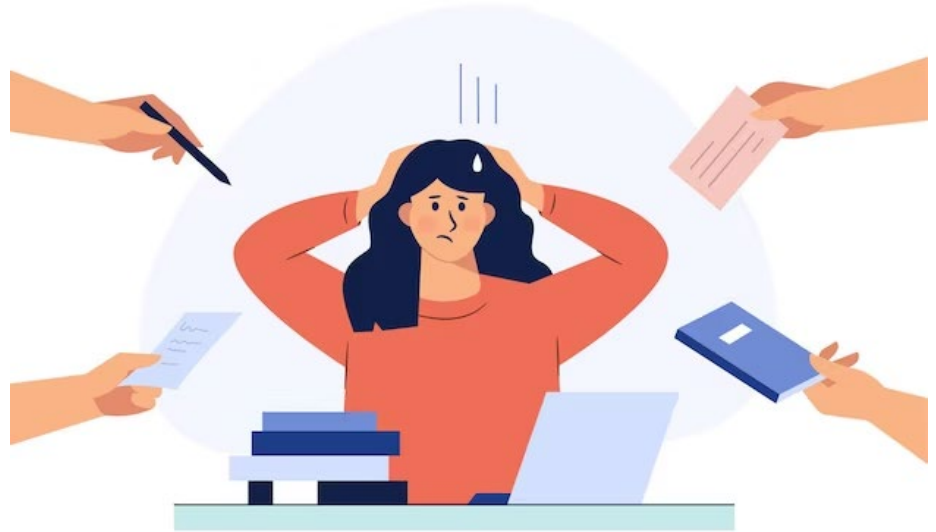
Challenges of Being an Entrepreneur



- High levels of responsibility
- Lengthy working hours
- Work–Life balance
- Unclear financial future
- Taking the first step
- The waiting and rejections

Common Mental Health Challenges

- Stress and Burnout
- Fear of Failure
- Loneliness
- Anxiety
- Imposter Syndrome



Mental Health Disorders in Entrepreneurs vs. General Population

	Entrepreneurs	General Sample
ADHD	29%	5%
Depression	30%	15%
Bipolar	11%	1%
Addiction	12%	4%

- 242 Entrepreneurs vs. 93 General
- 72% of Entrepreneurs affected by mental health issues
- 32% have two or more mental health conditions

Recognising the Need for Professional Mental Health Support

- Prolonged Emotional Distress
- Sleep and Eating Habit Changes
- Social Withdrawal
- Loss of Interest and Pleasure (Anhedonia)
- Irritability and Anger
- Feelings of Worthlessness
- Unexplained Physical Symptoms
- Harmful Thoughts and Behaviors
- Cognitive Issues
- Emotional Numbness



Fears

Spiders

Enclosed
spaces

Snakes

Public
Speaking

What do you
think is the most
common fear in
the UK?

Dentist

Death

Clowns

Imposter Syndrome

A psychological pattern where an individual doubts their accomplishments and has a persistent fear of being exposed as a "fraud."

Common Feelings



- Feeling like a fake
- Attributing success to luck
- Fear of not meeting expectations
- Dismissing praise and success
- Internal negative thoughts and voice

Imposter Syndrome

Potential Impact

- Hinders personal and professional growth
- Leads to excessive stress and anxiety

Overcoming Imposter Syndrome

- Recognise and challenge self-doubt and internal negative voice
- Share feelings and seek support
- Celebrate achievements and accept praise



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The logo for the Wizarding World franchise, featuring a stylized sunburst or starburst symbol above the words "WIZARDING" and "WORLD" stacked vertically in a serif font.

WIZARDING
WORLD

A still from the movie "Harry Potter and the Chamber of Secrets" showing Professor McGonagall and Harry Potter in a crowded hallway. McGonagall is leaning over Harry, looking concerned. Other students in Gryffindor robes are visible in the background.

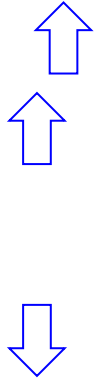
CLIP

Riddikulus!

Personality Traits of Successful Entrepreneurs

The Big Five Personality Traits

- **Extraversion:** Sociability, assertiveness, emotional expressiveness.
- **Conscientiousness:** High levels of thoughtfulness, goal-directed behaviors.
- **Openness:** Imagination, insight, broad range of interests.
- **Agreeableness:** Trust, altruism, kindness, affection.
- **Neuroticism:** Tendency towards mood swings, anxiety, irritability.



Additional Traits Beyond Big Five

- Self-efficacy, Risk Propensity, Internal Locus of Control
- Proactive Personality, Stress Tolerance, Need for Autonomy
- Achievement Motivation, Innovativeness, Passion

Resilience

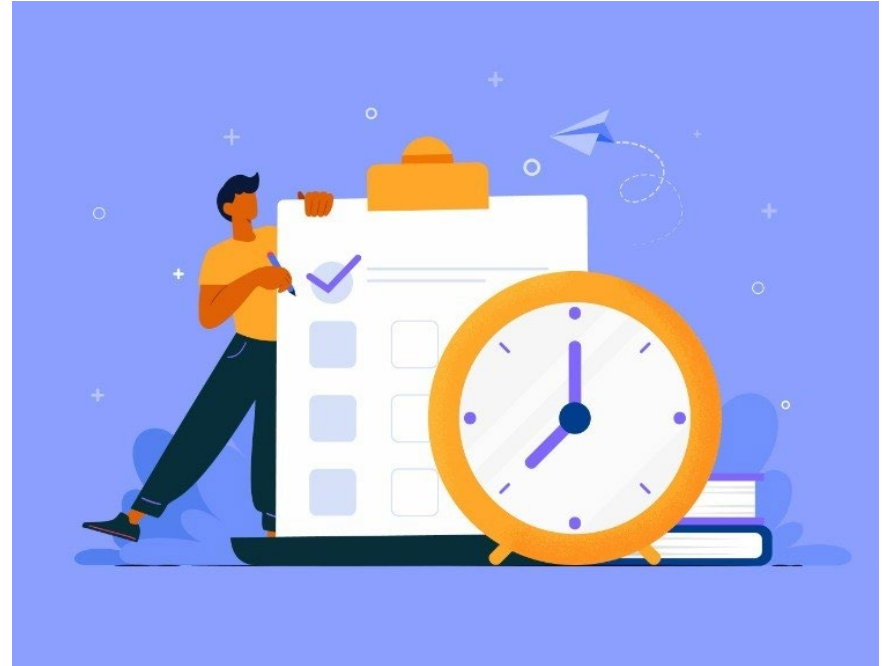
Resilience is NOT about being strong all the time, but rather:

- The ability to recover quickly from difficulties
- The art of bouncing back from setbacks
- Adapting well to change
- Keep going in the face of adversity



Strategies To Enhance Well-Being

- Balancing Perfection & Progress
- Social Support and Network
- Work-life Balance
- Self-Care Routines
- Setting Realistic Goals



Dissociation

- A psychological experience where one feels disconnected from thoughts, identity, consciousness, or memory.
- Can range from mild detachment to severe disconnection from reality.
- Often a coping mechanism for stress, trauma, or overwhelming experiences.
- Can be triggered by intense work pressure and chronic stress

Daydream

DID
(Dissociative Identity
Disorder)

Dissociation

Impact on Entrepreneurs

- Hinders decision-making and focus.
- Affects interpersonal relationships and business operations.
- Might lead to neglecting essential tasks and responsibilities.



Dissociation



Managing Dissociation

- Recognising triggers and signs.
- Practising grounding exercises.
- Seeking professional help if symptoms are severe or persistent.

Grounding Exercises

Palm Squeeze

Feel The Pressure

Breathing: 4-2-4

Jumping Jack

Sum Up: Today's Takeaways

- Main mental health challenges of entrepreneurs
- Future mental health risks for entrepreneurs
- The signs to seek professional help
- Tips to take care of your mental well-being
- Dealing with Imposter Syndrome – Riddikulus!
- Dealing with Dissociation – Grounding Exercises!



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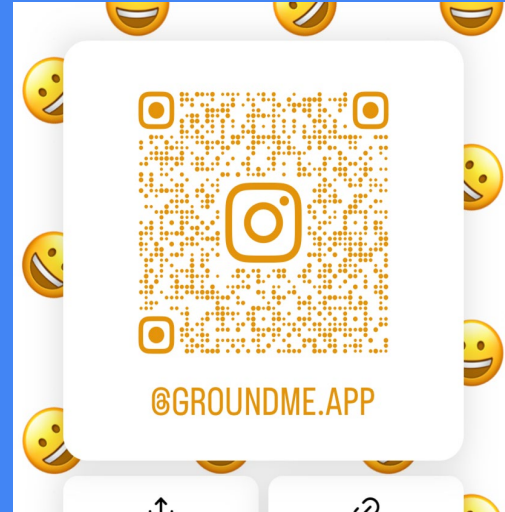
I CREATE.
I TAKE RISKS.
I LIVE MY PASSION.
I AM AN **ENTREPRENEUR.**

Q&A

Thank you so much for your
attendance!
Take Care and Be Present!

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