



# "OH ENTREPRENEUR"

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The connection between wellbeing and entrepreneurship cannot be underestimated. As highlighted by Wiklund et al., (2019), psychological well-being is a crucial part of living a flourishing and fulfilling life. In fact, it is directly related to individual's ability to not only work but also maintain positive relationships. Psychological well-being plays a central role in public policy debates and scholarly conversations. Thus, entrepreneurship is a source of personal satisfaction and fulfilment that energises entrepreneurs and make them a force that drives positive change in society

According to Grabarek (2018), entrepreneurship is the creation of new ventures or the state of being self-employed either as a freelancer or an independent consultant. Entrepreneurship has remained a significant feature and force within modern life that is intimately related to individuals' growth and development. Miller (2020) describes entrepreneurship as "the pursuit of opportunity beyond the resources currently controlled." Based on this definition, it is notable that entrepreneurs aspire to discover opportunities throughout their personal and professional lives. On the other hand, wellness is the optimum state of health and mind, which an individual ought to have under normal circumstances.



Every individual should prioritize factors, which would necessitate the wellness of body and mind despite their personal or professional obligations. Having obesity or being overweight significantly escalates the risk stroke, poor self-esteem, depression, in addition to affecting an individual's mental health.

Often, entrepreneurship invigorate positive societal change, hence providing a breakthroughsocial or commercial innovations that leads to social-wellbeing. Stephan (2018) contends that entrepreneurship is a potential source of personal growth, development, and well-being. Unlike most conventional occupations, entrepreneurs are known to enjoy a given level of control and freedom that helps them to fulfill their inborn skills, talents, and participate in purposeful activities through what is known as self-directed tasks. Higher levels of well-being are critical for entrepreneurs because it recharges psychological resources; resilience, optimism, and self-esteem. Besides, it energizes them to persist in challenging tasks considered by others as impossible. Such dynamism is critical because it escalates social and individual well-being. Waterman et al., (2010) describe well-being as a derivative of expressiveness, personal fulfilment, self-actualization, self-determination, and personal development.



Entrepreneurship often creates insurmountable pressure on individuals and unfortunately, some people have since prioritized their pursuit of a business venture to the detriment of their physical and mental well-being. It has become normal for entrepreneurs to work for seven days every week and more than twelve hours daily even long after they have returned home. To such entrepreneurs, wellness is a tedious and committing job that does not lead to financial accrument in the aftermath. As a result, they choose to focus the highest percentage of their day on what brings money and grows their businesses. However, this paper seeks to remind entrepreneurs of the imperativeness of incorporating wellness in their commercial endeavors because they need it.

Gilkes and Swanson (2021) testify that in some circumstances, the biggest threat to entrepreneurs does not originate from their work environment but from a lack of self-care, which would eventually be reflected in their work environment. Driving one's business while pursuing other opportunities often requires all-around networking, determination, and perseverance. While the rewards of such an industrious lifestyle may be financially appealing, it equally presents a huge risk of chronic stress, exhaustion, and frequent burnout. Entrepreneurs are constantly worried about the prospects of their businesses. In this regard, it is imperative to spare a significant space in an entrepreneur's life to restore energy, decompress, and establish a clearer focus and fresh perspective. Diseases, such as obesity has worsened the stress levels of entrepreneurs. These business-oriented individuals are highly susceptible to mental health problems. A report from the Department of Psychiatry at the University of California, San Fransisco School of Medicine indicates that 72% of entrepreneurs self-reported mental health concerns while 49% reported having one or more lifetime mental health conditions (Thornhill, 2022).



As an entrepreneur, especially sole-proprietors, significant progress can only be recorded on a platform of optimum physical and mental well-being. Incapacitation does not have a replacement and the more one ignores their wellness, the bigger risks their business stands to face. Webb (2019) confirms that "how you feel dictates your ability to compete with yourself, others, and technologies just beginning to emerge." An entrepreneur's wellness is a requisite tool for navigating the numerous business obstacles toward the effective and efficient ascertainment of goals. When an entrepreneur's body becomes synonymous with a vehicle, the mind becomes the engine, and both must work in harmony to enhance success not only in their business but also in their lives. According to Webb, low productivity in entrepreneurship can be attributed to self-care factors such as poor dietary behavior, sleep deprivation, inappropriate work environment, stress, poor use of time, a racing mind, and fragmented focus. In this regard, proper health and wellness management is crucial in the entrepreneur's aspirations to improve their endurance, resiliency, overall impact, and ability to overcome challenges.:



## Wellness Practices for Entrepreneurs

Entrepreneurship is a hard endeavor with peaks and valleys, which require a sharp body and mind. To ensure they are up to the task, business entrepreneurs should set time for self-care practices, such as sleep. Thornhill (2022) illustrates that individuals between 18-64 years should get between 7-9 hours of sleep every 24 hours. Unfortunately, most entrepreneurs view sleep as a luxurious event as opposed to a necessity, especially when work becomes overwhelming. Sleep deprivation negatively affects productivity, emotional regulation, and the ability to make complex decisions, which are common and necessary aspects of the business. In addition to sleep, entrepreneurs should prioritize a good diet and exercise on regular basis. Here, Thornhill (2022) clarifies that a balanced diet boosts one's immune system, brain function, and energy levels while exercise is a good way to relieve the stress, which springs from tedious business activities. Whereas a proper and balanced diet enhances the prevention of chronic diseases like heart failure and cancer, good exercise is a better way to calm down, reenergize, relieve stress.

Further, human connections have also remained a significant method towards wellness. Social interactions, such as picnics, family outings, listening to podcasts, music, watching TV, or attending a sporting event are a great way to take a break from the grueling business environment. It provides a different view of life, which can equally initiate a business idea without stressful thinking. It is also important for the entrepreneur to take some time off. Personal time is fundamental, especially for "internal" wellness, and helps boost one's spirits and brain function.



While it is important for entrepreneurs, especially startup businesspersons, to remain committed and focused, they should not push themselves to the point of burnout. Taking breaks is crucial not just for your health but also in the development of new ideas for the business. Successful businesspersons must learn to develop a self-care routine. According to Patel (2014), Barack Obama used to eat breakfast with his family, read the newspaper, and exercise before hitting the Oval Office around 9 AM, Oprah Winfrey meditates by sitting in stillness for 20 minutes twice a day, while Vogue editor-in-chief, Anna Wintour, starts each day at 5:45 AM with an hour-long tennis match. These are just examples of extremely busy people who made sure, for those who have retired, that amidst their tight schedules, they must as well create time for personal wellness.



## Conclusion

Despite the financial joy it brings, entrepreneurship can be a long, lonely, and stressful endeavor. While it is undisputed that being successful demands hard work and consistency, entrepreneurs should equally fathom the significance of wellness, which is a central determinant of that persistence. Both mental and physical well-being is a requisite tool that every entrepreneur requires to ascertain effectiveness and efficiency in their business to produce an optimal outcome. Exhaustion, stress, unhealthy diet, sleep deprivation, and lack of time off are some of the unhealthy behaviors, that most businesspersons embrace to increase their "focus" on the goal. Entrepreneurs must understand that such activities are neither a distraction nor a luxury but critical activities and decisions, which ultimately improve their health and boost their chances of business success. The pursuit of wellness should be a priority and unwavering resolve for all entrepreneurs because they cannot do much if they are mentally and physically incapacitated.

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