THE Ripple Effect

>>>>> A RIPPLE COWORKING COMMUNITY UPDATE

RIPPLE COWORKING
MAY 2024

MENTAL HEALTH MATTERS!

As a society, we place a high value on our physical health, often ignoring the fact that our brains play a fundamental role in our *overall* health. What steps are you taking to cultivate a healthy mindset, empower your positive thinking, and protect your mind space? **May is Mental Health Awareness Month!** For this issue of *The Ripple Effect*, we asked some of Ripple Coworking's Mental Health professionals what advice they have for busy professionals to help maintain a healthy mind!

DR. ABISOYE SOMORIN

WHAT ARE SOME COMMONLY OVERLOOKED CHALLENGES OF ENTREPRENEURSHIP THAT CAN HAVE A SERIOUS IMPACT ON MENTAL HEALTH?

"Entrepreneurship and remote working often mean a solitary journey that can lead to feelings of **isolation and loneliness**. Because we are social beings, remote working and entrepreneurship in general can be challenging. **Isolation** can have a significant impact on mental health, leading to feelings of **depression, anxiety, and demotivation.**"

HOW CAN THESE ISSUES BE IDENTIFIED AND MANAGED TO BEST SUIT THE PROFESSIONAL AND PERSONAL NEEDS OF THE ENTREPRENEUR?

"Entrepreneurs often face high levels of stress due to the demands of their work, which can lead to **burnout** if overlooked. This is especially true for small business owners who are *CEO-everything* at the beginning. Implementing stress-management techniques such as **regular exercise, mindfulness, social outings, and setting boundaries** can help to regulate mental health."

Evencare Psychiatry (386)872-8534 https://evencarepsychiatry.com/

SHELLY A. STUM, LCSW

"It is not uncommon for entrepreneurs to sometimes focus so much on their work that they **forget** about themselves and their **needs**. They are driven to **succeed**, and many will do whatever it takes to achieve their goals, so one thing they need to be mindful of is **keeping a balance of work and play**."

"Stressed? Try **diaphragmatic breathing**! In a seated position, put one hand on your chest and the other on your abdomen. **Take a slow, deep breath** into your nose, feel your stomach expand, and **slowly exhale** through your mouth. Do this for **3+ minutes** to feel the benefit. **Controlled breathing can promote feelings of relaxation and peace by lowering your blood pressure, heart rate, and levels of stress hormones in your blood.**"

Peaceful Healing Solutions (386)968-2032 https://shellystum.com/

ROGER CORBIN, LCSW

"Entrepreneurship is a turbulent and emotional journey. It is reported that **1 in 3 entrepreneurs work more than 50 hours a week**. Depression, anxiety, and panic disorder are increased in the entrepreneur due to the high time demands which can lead to feeling trapped. **Emotional regulation, recovery activities, and coping strategies** can have an impact both on the entrepreneur's well-being *and* the company's success."

"Learning has emerged as a coping strategy, as it brings a sense of **excitement** and **aliveness**. **Learning something new provides a deep motivation and reward** that seems to suit the entrepreneur's personality traits. When entrepreneurs have high resources and a thirst for learning and development, **they tend to thrive** under a high load of work and pressure."

(386)444-0142 https://rogercorbinmsw.com/

MICHELLE LESESNE DE SANTIS LCSW

"The word "**vocation**" comes from the Latin root **vocari**, which means **'to be called'.** For many people, their work is not so much a calling as an exchange of time for money. **Being able to care for our work life is part of overall self-care.** If your job is not your "calling", you must find a way to have balance and joy amid the confines of your work obligations."

"What you **eat**, the **relationships** you maintain, how you utilize your **time**, and how you spend your **money** are the four areas of life that represent the full spectrum of health. The **#1 recommendation** I have for folks striving to improve their mental health and their overall wellness is to **SEEK SUPPORT!** Support can come from friend groups, church or religious groups, counseling, or coaching. **There are a variety of options now."**

Creating A More Powerful You LLC (386)222-1122 https://www.creatingamorepowerfulyou.com/