

Public note

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People in business and tech talk endlessly about fundraising, product-market fit, design thinking, the latest tech, management techniques, consumer trends – everything except the need to keep yourself in fighting shape. That's crazy. Building and running a startup is exhausting. All founders need to create strategies to stay fit – mentally, emotionally, and physically. You don't want your company to implode simply because you never carved out time to exercise or sleep.

Found on Managing Your Mental Health While Running a Startup | Future
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Tags: #health #mental-health #startup #life