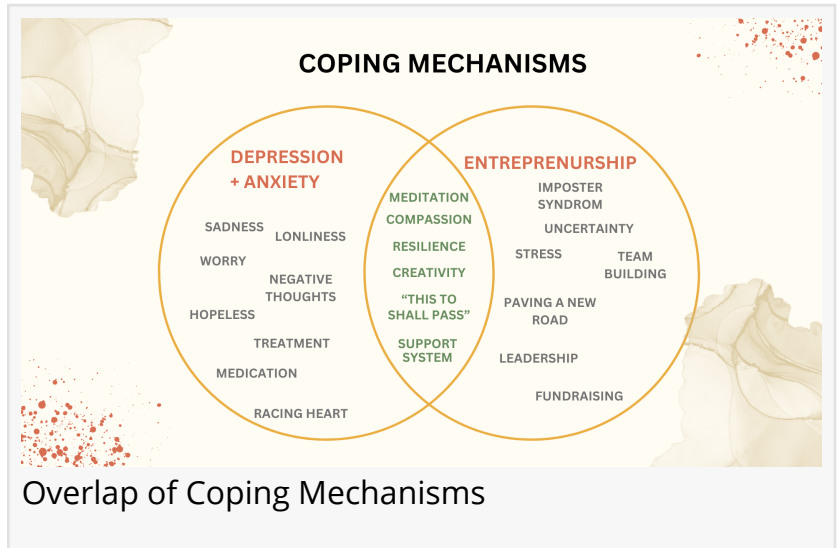


Thriving While Managing Mental Health: Rachel Neill Shares How Challenges Fueled Her Entrepreneurial Success

Female entrepreneur Rachel Neill talks candidly about mental health and entrepreneurship.

MADISON, WI, USA, April 29, 2024 /EINPresswire.com/ -- Thriving While Managing Mental Health: Rachel Neill Shares How Challenges Fueled Her Entrepreneurial Success

In a powerful and inspiring [article](#), entrepreneur Rachel Neill sheds light on her experience navigating mental health challenges and how they have ultimately strengthened her leadership and business acumen.



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I could lament the struggles of living with mental health issues, but there is also a lot of value it's brought to my life - especially as an entrepreneur.”

Rachel Neill, cofounder of Figgy + Carex

Neill, who is the CEO and founder of two companies, [Figgy](#) and [Carex Consulting Group](#), opens up about her lifelong journey with anxiety and depression, a reality shared by a staggering 72% of entrepreneurs according to the National Institute of Mental Health (compared to 48% of non-entrepreneurs).

Rather than dwelling on the difficulties, Neill reframes her mental health as a source of unexpected strength. She delves into the valuable coping mechanisms she's developed that have become instrumental in her

entrepreneurial success. These include:

Resilience: Neill emphasizes the tenacity instilled by battling mental health challenges, a crucial asset in the face of entrepreneurial setbacks.

Focus on Control: She highlights the importance of identifying controllable aspects, both in managing emotions and navigating business uncertainties.

Meditation: Neill credits meditation as a tool for cultivating mindfulness and emotional awareness, allowing her to approach problems with a clear and centered perspective.

Building a Support System: Therapy and a strong entrepreneurial community are identified as essential resources, fostering guidance, empathy, and a sense of belonging.

Compassion: Neill emphasizes the importance of understanding the unseen struggles of others, a quality honed through her personal experiences.

Creativity: The constant process of navigating mental health is described as a breeding ground for creative problem-solving and a willingness to take calculated risks.

Neill's candid and insightful article offers a unique perspective, inspiring fellow entrepreneurs and fostering open conversations about mental health in the business world.

About Rachel Neill:

Rachel Neill is a seasoned entrepreneur with a passion for startups. She is a strong advocate for mental health awareness and empowering others to leverage their challenges for success. Neill is also the mom to 6 kids and lives in Madison, WI. She graduated from The University of Pennsylvania and has never met a Peloton she didn't love.



Rachel Neill, cofounder of Figgy + Carex



how mental illness has made me a better entrepreneur

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