

# Entrepreneurs reveal toll on health of going it alone in business

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ENTREPRENEURS have shared the "darkest moments" they experienced when launching and running their business and the impact it had on their health.

The Don't Lose It initiative, encouraging entrepreneurs to be more open about the challenges they face, launches today ahead of World Mental Health Day tomorrow.

Bonnie Chung, founder of food brand Miso Tasty, Charlie Mowat of cleaning company The Clean Space, Robert Gardner, the founder of investment consultancy Redington, and Cheryl Hadland of Hadland Care Group are among those involved in the project.

Hackney resident Ms Chung, 33, is a former private chef who studied economics and business at LSE. She launched Miso Tasty in 2014 after three years of development and searching for investment.

She told the Evening Standard: "I was ashamed to admit how much I couldn't handle it so I didn't talk about it, but it eventually presented itself in a physical way."

In the past two years she has suffered from a sciatic inflammation in her leg, two chest infections, an eye infection, developed rashes and eczema, had trouble with IBS, and has had panic attacks.

She said the "best decision" she ever made was telling her investors how she was feeling. "Until I opened up, they had no idea how to help me. Now they are always aware of my wellbeing and check I am okay."

Don't Lose It was launched by the 100 Stories of Growth initiative, which aims to gather insights on how business can improve from 100 interviews and surveys of more than 250 of the UK's top entrepreneurs.

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