

## CHAPTER 7

# DIGITAL WELLNESS: TECHNOLOGY TOOLS FOR ENTREPRENEURIAL MENTAL HEALTH

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### ABSTRACT

Digital tools can both enhance and harm the mental health and work-life balance of entrepreneurs, creating a complex relationship that deserves careful analysis. This chapter draws from psychology, entrepreneurship studies, and information systems research to evaluate digital mental health resources, boundary management applications, virtual support communities, and mindful technology practices for entrepreneurs. The chapter reviews the theoretical frameworks on techno-stress, digital mindfulness, and online social support with empirical research and develops evidence-based recommendations for practitioners. Technology creates novel opportunities for entrepreneurs to improve their well-being. However, effective implementation requires intentional and strategic approaches to avoid potential negative consequences. The chapter proposes a framework for technology-enabled entrepreneurial well-being that stresses upon four key dimensions: personalization, integration, community, and mindfulness. These elements work together to maximize the positive impact of digital tools on entrepreneur health and business sustainability.

**Keywords:** entrepreneurial well-being, digital mental health, technostress

### INTRODUCTION

Entrepreneurship presents distinct challenges to psychological well-being and work-life balance. The entrepreneurial path involves uncertainty, resource limitations, heavy workloads, and substantial personal investment (Stephan, 2018; Wiklund et al., 2019).

Entrepreneurs often report greater job satisfaction than traditional employees (Benz & Frey, 2008). Yet they simultaneously face elevated stress levels, work-life conflicts, and mental health vulnerabilities that can compromise their long-term success and personal well-being (Cardon & Patel, 2015; Williamson et al., 2018).

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