

From Entrepreneurial Stress Data to Practical Support



ENTRE2RISE: FROM STRESS TO SUCCESS TO RISE: EMPOWERING ENTREPRENEURIAL MENTAL HEALTH FOR A STRONGER FUTURE

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1 Evidence collected across Europe

The Entre2Rise partners have gathered insights from entrepreneurs, VET educators, learners, and stakeholders across the Czech Republic, Denmark, Greece, Bulgaria, and Poland. Through surveys, focus groups, and national research activities, the project built a strong evidence base on entrepreneurial stress, anxiety triggers, coping strategies, and support needs.



2 Key stress patterns identified



The research showed that entrepreneurial stress is often linked to financial uncertainty, workload pressure, fear of failure, constant decision-making, and difficulty switching off after work. Entrepreneurs described a mixed reality: they remain motivated and solution-oriented, but often carry high levels of pressure with limited structured support.

3 From data to practical resources

The partners transformed research findings into concrete project outputs, including the Sentiment Analysis Report, national evidence summaries, and the basis for the Success Stories Handbook. These results help the project understand not only what entrepreneurs struggle with, but also which coping strategies, routines, and support systems already work in real life.



4 Foundation for further project development and the Anxiety Navigator



The findings now guide the development of the AI EmpowerLearn resources, training content, and Online Anxiety Insight Navigator. The next project phase will turn these insights into practical, entrepreneur-specific tools that support early stress recognition, resilience, better decision-making, and sustainable well-being in entrepreneurship.



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