

URL: <https://stvp.stanford.edu/clips/mental-health-practices-for-founders>

As the founder and CEO of mental-health startup Clayful, Maria Barrera shares her approach to maintaining a healthy balance while running a company. The startup experience includes highs and lows, she says, so founders need to develop helpful habits and practices.



Transcript

- I've developed a lot of practices 00:00:04,020 to get myself back up, right? Like there's certain things that I will not compromise on.. Sleep being one of them.. Big plug for sleep, very important.. - How many hours of sleep are you getting? 00:00:14,220 - Eight to 10 a night.. I won't compromise on it.. 00:00:16,020 If I don't sleep, I am a zombie.. You do not like Maria being a zombie.. She's very cranky.. So that is a really important part.. Interviewer That's good..

00:00:40,860 to only get this far." And I'm like, "Yeah, I did not, let's go." And that now that's a post-it on my computer.. So little things that will inspire me have just that, I just keep them really present and that makes a big difference.. So it just, you know, gives you back a little, little pick me up when you need it.. And music actually helps quite a bit, right? So big Swiftie.. That's okay.. I own it.. And there's different, like there's one song particular "Long Live" where she talks about, like, remember how you've been dreaming for this moment for so long and now you're here.. Like, that's really magical.. So remembering that, and there's all these, you know, that song, like different media points where you have to always go back and remember that you've been, this is what you wanted for so long.. So yes, it can get hard, but like that's what you asked for..

So let's go after it..