



E D E C I S I O N S W H W U E O Z O  
 A S E D O M R N S A Y L S Y P B K U  
 Q P R E X Y K E I L D Q W H Z I O H  
 O P I N V E S T M E N T R N T B L N E W E N B  
 W I M D R T H E L M A J A E H I A K D B Q J Q  
 U R E L A T I O N S H I P S P Q L F E U A Y T  
 U M D W H I F I N A N C E S L Q L F E U A Y M  
 T C P R T H E E D Y S F E S A W K C A M E Y M  
 W O U T H H I D D E N U S Y N A Q D J X F R I  
 V N C P R I C E I N Y S S F N I E R P S X J I  
 H I T W N E R S H O F R N K C I G B X F W H R I  
 N E R E O F F B U S I N E S S N O Z C V M P P I  
 H T O O W N E R S H I P M K R G Q H Y L S Y P I  
 Z Q L U T I H L I F E S T Y L E D Q W H Z I O I  
 Q O P I G O Q P F I Z T O B F A B L N E W E N E  
 H W I M O R T X U F I T T O B F A *love* <> **Money** E



**T H E  
I M P A C T  
O N L I F E**

One in ten (10%) have never removed themselves from their business for more than a day



**ONE IN TEN**


**69%**  
report working on weekends

**ONE IN TWENTY**



Only one in twenty (5%) business owners say they're able to work a 40 hour week or less.






**67%**  
of business owners work while on holiday

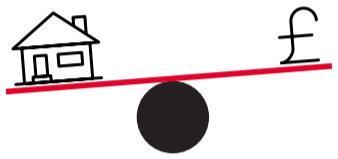


# THE IMPACT ON FINANCES

Two-thirds (66%) say that pressure to maintain their income to support their family is a significant or very significant source of personal stress.

## 44%

say it would be difficult to reduce the income they draw from the business due to financial commitments



## TWO THIRDS




## 30%

of owners have put off financial investments in their business due to their need to draw personal income from the business

## 75%

say that their spouse also works in the business or has no other form of income

# THE IMPACT ON MENTAL HEALTH



## 47%

of business owners say no one understands the pressure they are under



## 73%

say running a business has a negative effect on their mental health



## FOUR PERCENT

Only 4% of business owners seek the help of a mental health professional.



## 33%

of owners say there is no one they can talk to about the personal challenges of running a business



Haines Watts offers wide-reaching experience, advice and practical solutions for business owners, but we also offer a chance to have a truly honest conversation, the one you may have been putting off for a little too long.

If anything you've read here speaks to your own experience, if any of those challenges resonate with those you face, and you want to find some answers, speak to us now.

[Download the full report](#)

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