

# Bradley Hisle Urges Founders to Prioritize Mental Wellness and Burnout Prevention

Entrepreneur and Pinnacle Health Group Founder Shares Lessons From the Ring, the Boardroom, and Burnout

**Los Angeles, California Aug 30, 2025** ([IssueWire.com](https://www.issuewire.com)) - [Bradley Hisle](#), founder of Pinnacle Health Group, is calling on business leaders, especially entrepreneurs and startup teams, to take mental wellness more seriously in a world that rarely slows down.

“I’ve hit burnout hard before,” Hisle says. “Paralysis by analysis—that’s real. You start second-guessing everything, and before you know it, your team feels it too.”

Hisle’s story is grounded in grit. Growing up in Saint Paul, Minnesota, he learned discipline through sports and solitude. As an only child to a salon owner and an electrician, he found structure in football, rugby, and most of all—boxing.

“You can’t fake anything in the ring,” he says. “It teaches you to stay honest—with yourself and with others.”

## A Rising Health Crisis in the Workplace

Hisle’s concern is backed by research. According to the **World Health Organization**, burnout is now recognized as a legitimate occupational phenomenon. A **2022 Gallup study** reported that **76% of employees** experience burnout at least sometimes, and **23% feel it very often**. In startup culture, those numbers rise significantly—especially for founders.

“People glamorize the grind,” Hisle says. “But what they don’t talk about is the toll it takes on your body, your mind, and your ability to lead.”

## Lessons From Building Pinnacle Health Group

After founding **Pinnacle Health Group**, which operates in Florida and California, Hisle found himself doing what many founders do—taking on too much, too fast.

“I wanted to control everything,” he admits. “But I learned that leadership isn’t about doing it all. It’s about building something that lasts, and that means taking care of yourself too.”

He built a culture focused on structure, trust, and emotional awareness. His team is encouraged to communicate openly and maintain boundaries.

“If people don’t want to come to work, the rest doesn’t matter,” he says. “That goes for me, too.”

## Building Habits That Sustain You

To stay grounded, Hisle has a routine. He boxes, practices yoga and meditation, and makes time for family and quiet.

“Boxing clears my head. So does stillness,” he says. “You need both in business.”

He's not advocating for fancy wellness programs or expensive coaching. Instead, he emphasizes small, consistent practices that create long-term resilience.

"You don't have to buy anything," he says. "Start by taking 15 minutes to breathe, journal, or move your body. Just unplug for a bit. That's the first step."

## A Message to Founders and Leaders

[Brad Hisle](#) believes success isn't measured in revenue or headlines.

"It's about being respected by the people you lead," he says. "It's about watching someone's life get better—because of what you built."

In a time where leadership often equates to hustle, Hisle wants to change the narrative. He's sharing his story not for attention, but to show others that it's okay—and necessary—to pause.

## What You Can Do Today

Hisle isn't selling a program. He's offering a mindset:

- **Pause once a day** – Start with just five minutes of stillness.
- **Move your body** – Walk, stretch, box, or lift. It helps reset your mind.
- **Talk to someone** – Check in with a friend or teammate, not just about work.
- **Define success on your own terms** – Respect, impact, and clarity matter more than pace.

"Start with care," he says. "Stay consistent. The rest will follow."

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