

Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



FREEDOM

FRIDAYS

@cpaprivatepractice

HeyPPD Familia

Hey PPDNation, welcome to the Return of Freedom Fridays! The physical therapy industry is booming at the moment. As Canada's employment rate grows, so does the demand for PT services. While this is great news, it also means burnout for us PTs. The PPDNation credo stands for a balance of entrepreneurship while maintaining the mental health of physical therapists. The challenges surrounding mental health affect all of us in some capacity. So while we fill the cup of others, we must remember to fill our own. The Goal of Freedom Fridays is to start our weekends with intentional self-care & self-love.
- ♥ @Physiokarim

Karim S. Meghji
PPD Chairperson

Got Questions DM me on Instagram
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[or email me directly here](#)



Strengthening the Mind And Body Connection

Do you believe it is possible to have a positive self-image? Is it plausible that our mental perception of the world is guiding our immune system in a way that makes us respond better to future threats?

[Read more](#)
www.lifehack.org



Four Tips for Better Sleep with Sleep Expert Prof Sean

Listen to this episode from Mental Health on Spotify. Today we're speaking with Professor Sean Drummond, a sleep expert, Cognitive Neuroscientist and Clinical Psychologist at the Turner Institute for Brain and Mental Health at Monash University.

[Read more](#)
open.spotify.com



Master Self-Discipline- Jay Shetty

Improve your life, deepen your relationships, and find happiness every day. DO THIS To Never Be LAZY AGAIN! (Master Self-Discipline) Join the conversation ...

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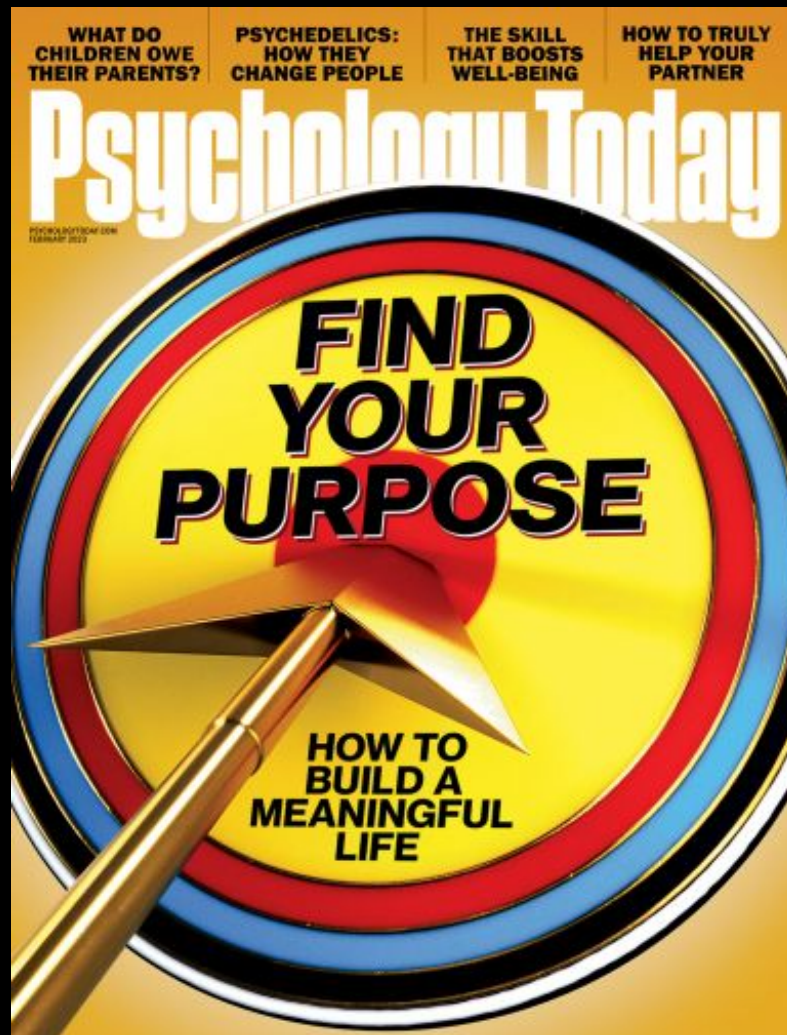
3 Tips to Stop Treating 40 Hours a Week

Are you battling burnout? Are you treating 40, maybe 50 hours a week? Do you feel like you're working really hard...but you just aren't seeing the reward for your work? Do you need new patients NOW? I get it. It's difficult to make the transition ...

[Read more
practicepromotions.net](http://practicepromotions.net)



How to Feel Energized & Sleep Better With One Morning Trick



Positive Psychology

Positive psychology is a branch of psychology focused on the character strengths and behaviors that allow individuals to build a life of meaning and purpose-to move beyond surviving to flourishing. Theorists and researchers in the field have...

[Read more](http://www.psychologytoday.com)
www.psychologytoday.com



Science of Thought | Caroline Leaf | TEDxOaksChristianSchool

Dr. Caroline Leaf describes her "Science of Thought" process and how she developed tools and processes that help people develop and change their thinking and subsequent behavior. Dr. Caroline Leaf studies the mind-brain connection and she is a...

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DAILY HABITS Will Prime Your Brain To DESTROY Stress

Your guide to 100x YOUR EFFICIENCY IN 10 EASY STEPS. Build IRONCLAD

discipline in with this workshop: That feeling you grapple with every day of wanting to change, but struggling to change...

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7 Habits of People Who Thrive in Crisis

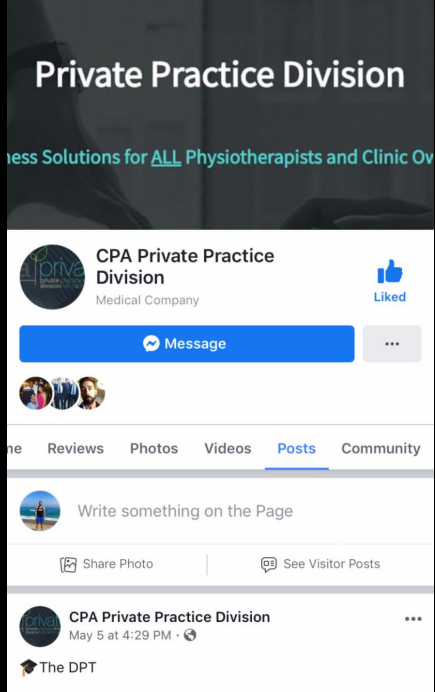
As a kid, my dad occasionally took me fishing in his small, rusty tin boat. Sometimes, in the middle of the lake, he'd put duct tape over a leak to keep the water at bay until we got back to shore. He used to say that boats don't sink from the...

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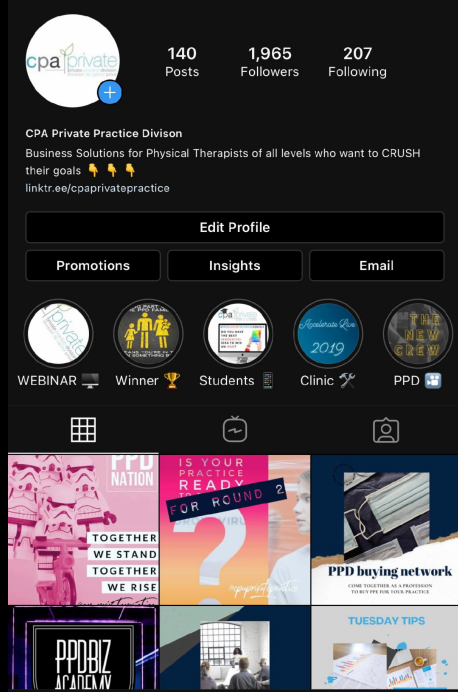
www.success.com

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