



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



Hey Karim,

Welcome to March's edition of Freedom Friday! This month, let's focus on what matters most—our mental health. Life's challenges are easier to face when we understand the four domains of emotional intelligence: self-awareness, self-regulation, social awareness, and relationship management. These skills help us stay grounded and respond thoughtfully, even during tough times.

While we often view self-care as a solitary activity, connection is equally important. Healthy relationships assist us in self-regulating, healing, and becoming stronger. Therefore, let's make March a month dedicated to prioritizing mental health, nurturing our relationships, and fostering inner peace. Together, we thrive

Karim S. Meghji
PPD Chairperson

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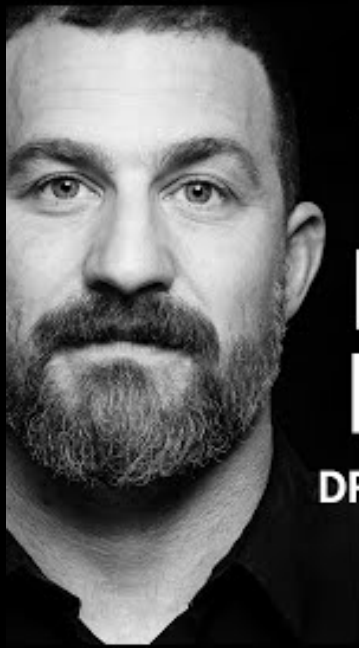
The 4 domains of emotional intelligence



Maintain a Thriving Mind Through Life's Messy Moments



5 Things That Hold 99% of People Back from TAKING CONTROL In Life



ACHIEVE INNER PEACE & HEALING

DR. RICHARD SCHWARTZ

HUBERMAN LAB



How to Achieve Inner Peace & Healing

Break the
cycle!



Why You Self-Sabotage and How to Stop



How to Tackle Information Overload and Improve Focus



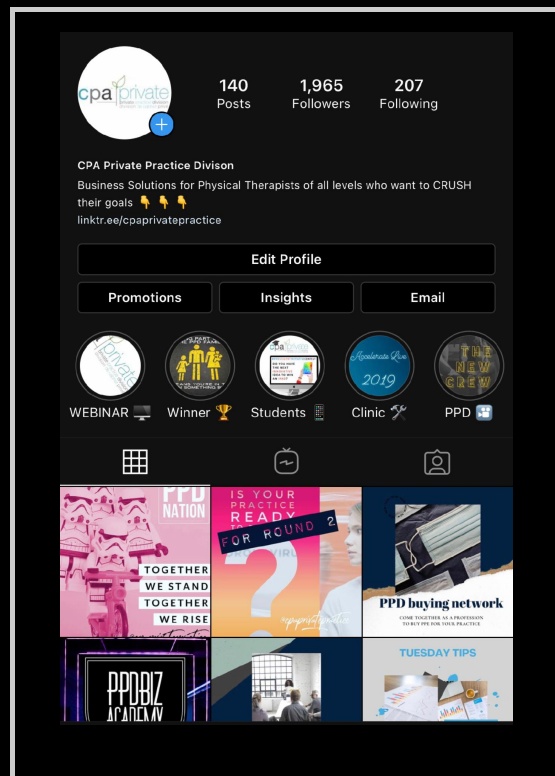
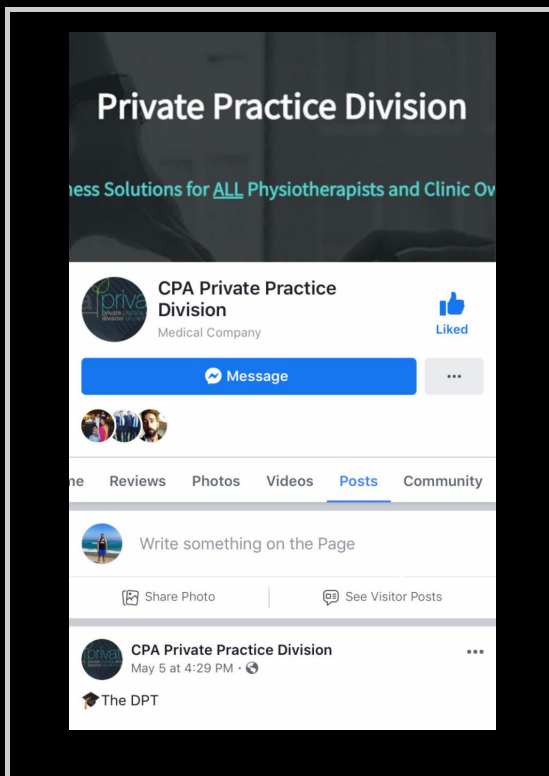
Strengthening Relationships Through Emotional Validation



Pressure Points for Anxiety: 6 Points to Try for Relief

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