



Knowledge is **POWER**



**PRIVATE PRACTICE DIVISION**

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## HeyPPD Familia

PPDNation 🌸

We're officially a month into 2026. The dust has settled, the hype has cooled, and hopefully you've slid into your new rhythms. February is where the real magic starts to sizzl'n.

This Freedom Friday, we're getting intentional; not just about productivity, but about habits, thoughts, and that inner self-talk. The inside world. The stuff shaping how we show up every day: conversations we entertain, emotions we absorb, and the boundaries we set to protect our energy. Because when your inner world is dialed in, everything else just hits different.

Cheers to clarity, confidence, and a whole lot of good vibes. 🤝🔥  
@physiokarim

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**PPD Chairperson**

[@physiokarim](#)  
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**BECOME UNRECOGNIZABLE**



If You're Serious About 2026, Start These 7 Habits Now

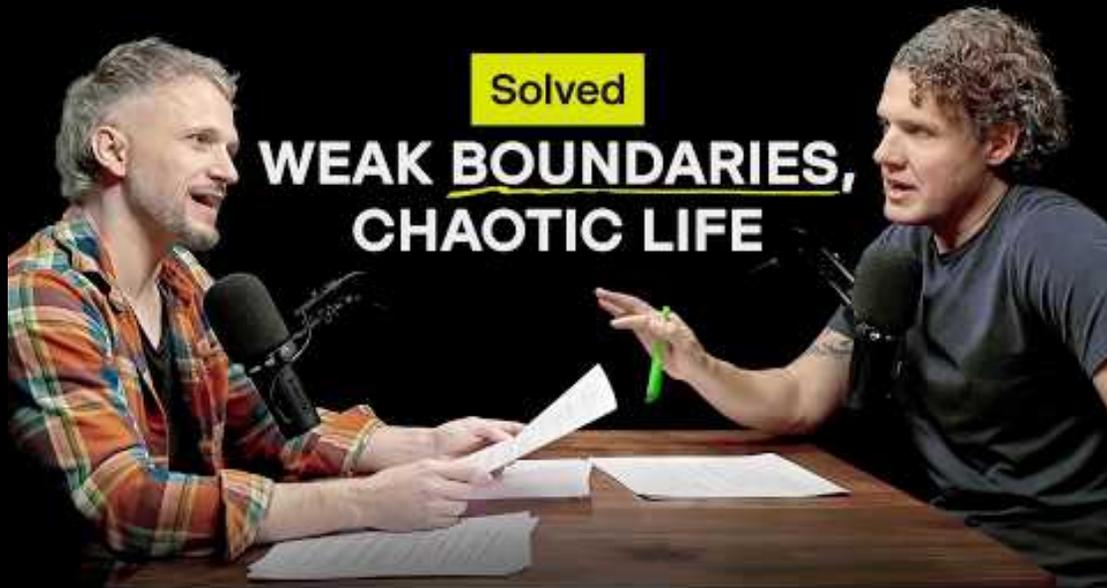
**“CALM DOWN”  
NOT  
WORKING?**



The Thought Spiral Emergency Kit: 3 Ways to Calm Your



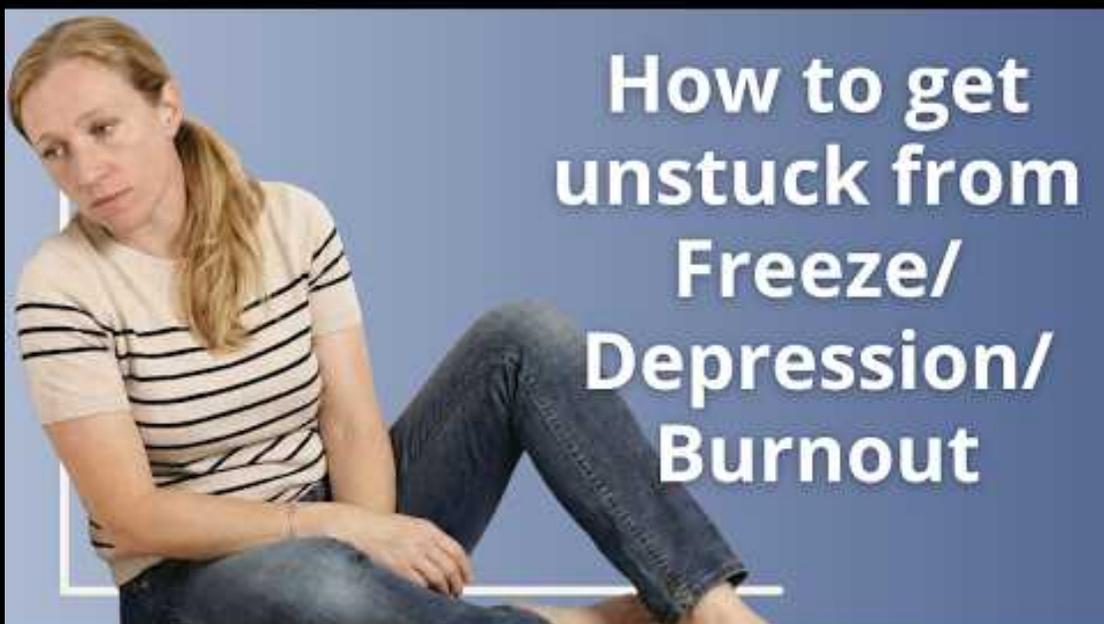
Is it normal to talk to yourself?



Solved

## **WEAK BOUNDARIES, CHAOTIC LIFE**

**Boundaries, Solved: How to Set (And Keep) Your Boundaries This Year**

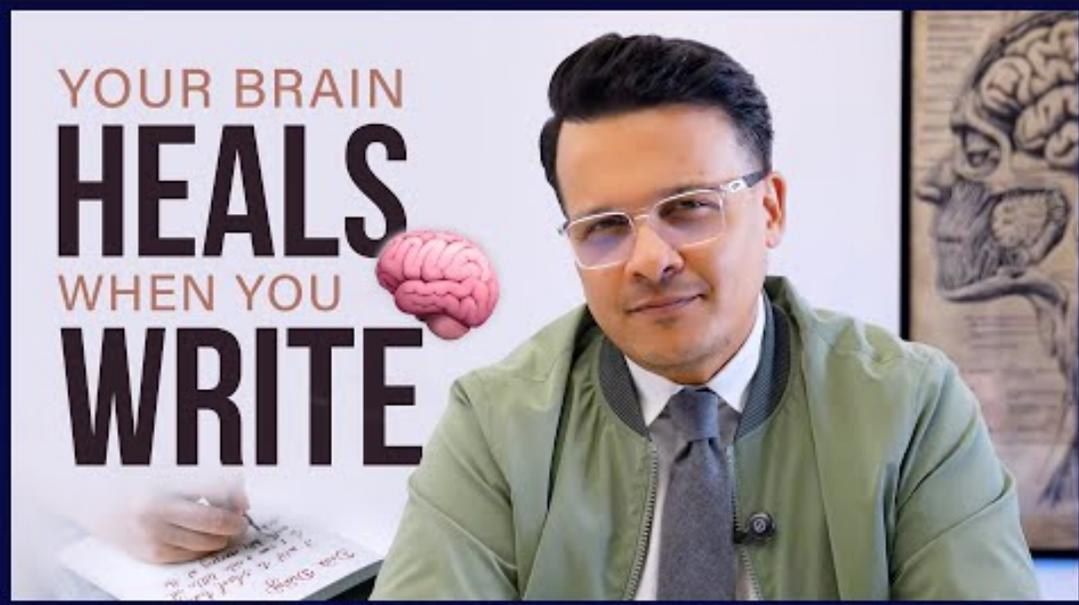


## **How to get unstuck from Freeze/ Depression/ Burnout**

**7 Micro Habits to Escape the Freeze Response - Polyvagal  
Tools for Depression & Burnout**



**The Blueprint For Mastering Every Conversation**



**The #1 Journaling Method for Brain Health You Need to Know**



**Stop Other People's Emotions From Taking Over Yours**



## Understanding the Happiness Paradox

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IS YOUR PRACTICE READY FOR ROUND 2?

PPD buying network  
ONE PRACTICE OR PRACTICES TO GET THE MOST FROM YOUR PRACTICE

TUESDAY TIPS

WEEKLY UPDATES ON OUR  
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If you have any questions for the private practice division, send us an email at:

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