



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



HeyPPD Familia

PPDNation, April is here, bringing fresh energy and a reminder that April showers bring May flowers. 🌧️🌸

Ever catch yourself replaying moments, second guessing your moves, or thinking ten steps ahead until you feel stuck? If your mind feels like it's always "on," you're not alone. That doesn't mean anything is wrong with you. Over thinkers are often self aware, intelligent, and empathetic. Your mind stays on high alert, always trying to protect you and figure things out. The goal is not to shut it off, it is to learn how to use it. I have handpicked a few simple tools and habits to help you manage those moments and take back control.

Small shifts add up. Keep showing up for yourself...you're building something that matters. 🌱
@physiokarim

Karim S. Meghji
PPD Chairperson

[@physiokarim](#)
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10 Signs of High IQ



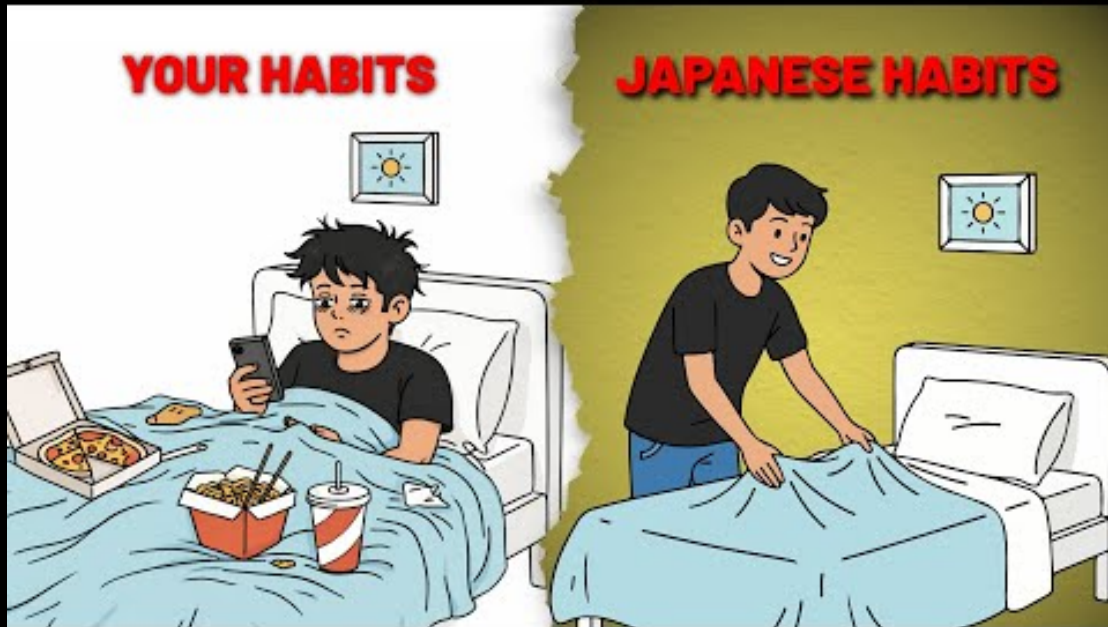
Psychology of People Who have High IQ

Don't
Cut
Them
Off





People Who Think Too Much



8 Tiny Japanese Habits That Make a Massive Difference

DON'T PLAN ❌



Long-Term Planning Is Keeping You Stuck, DO THIS

Instead.



Reprogram Your Mind in 7 Days (Neuroscience Hack)

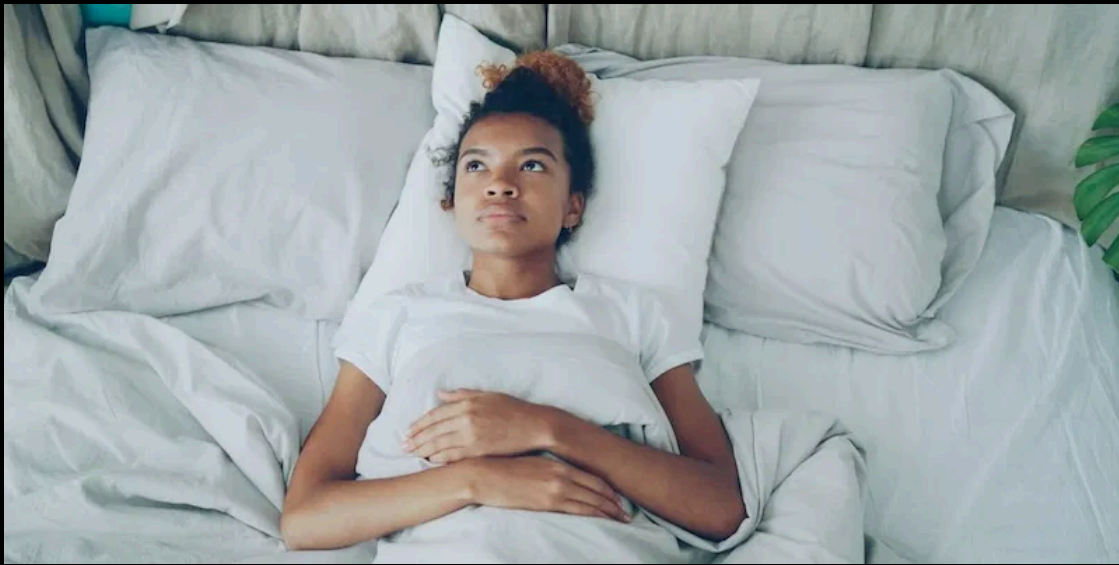
TRAPPED IN **THOUGHT** LOOPS?



How to Anchor Yourself in the Present When Your Brain Won't Stop



Conflict Is an Opportunity



Mindfulness for Sleep: When Your Mind Won't Slow Down

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IS YOUR PRACTICE READY FOR ROUND 2?

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ONE PRACTICE OR PRACTICES TO GET THE MOST FROM YOUR PRACTICE

TUESDAY TIPS

PPDIBIZ ACADEMY

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privatepractice@physiotherapy.ca



CPA Private Practice Division | PO Box 620 Station B | Ottawa, ON K1P 5P7 CA

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