



Knowledge is **POWER**



PRIVATE PRACTICE DIVISION



HeyPPD Familia

PPDNation, June is here; bringing sunshine, longer days, and a little reminder that you deserve care too. ☀️✨ Mid-year check in... how's your nervous system doing lately? Have you actually paused today? Even a tiny micro reset between patients, emails, and clinic chaos can make a difference.

This month, try treating yourself the way you would your inner child. 🌱 Your early needs are often your emotional pattern cheat sheet. The more you learn what truly grounds you, the easier it becomes to protect your peace, energy, and focus.

So take a breath, reset, and dive into our Freedom Friday sizzl'n picks. Find what helps you feel calm, clear, and like yourself again. Keep showing up your way, one mindful moment at a time.
@physiokarim

Karim S. Meghji
PPD Chairperson

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Nervous System Stuck in Survival Mode? Do These 3 Things



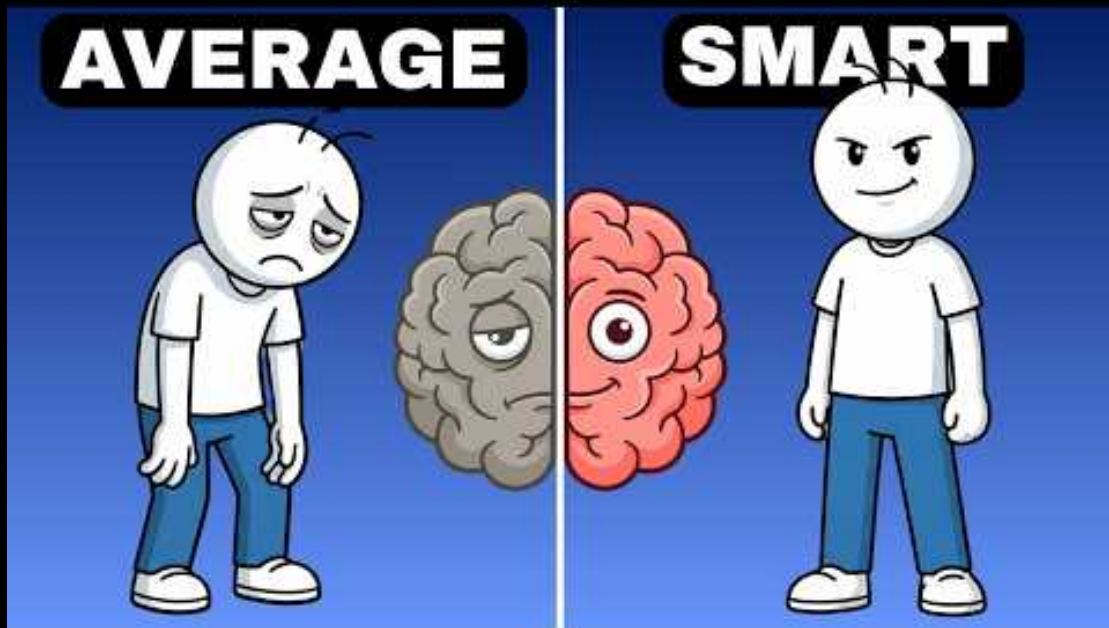


Give Me 30 Minutes and You Won't Get Burnt Out Again

STOP LIVING IN YOUR HEAD



I've Lived More In My Head Than I've Lived In Real Life



15 Habits That Make You SMARTER Every Day(Backed by



What Trauma and Emotional Suppression Are Doing to Your Brain



Emotional Bandwidth: Why You Sometimes Can't Be There for People You Love



What Makes Life Feel Hard, and 2 Ways to Cope



How Early Needs Shape Emotional Patterns in Adults

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The DPT

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Business Solutions for Physical Therapists of all levels who want to CRUSH their goals 🙌🙌🙌
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TUESDAY TIPS

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

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