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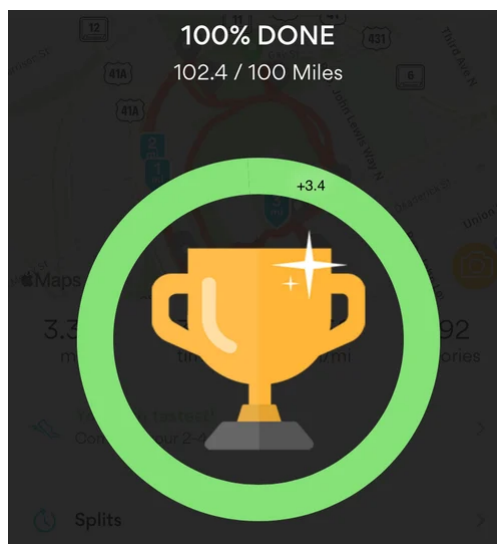
Hey Friend,

For Suicide Prevention Awareness Month in September, I'm sharing my personal commitment to healing and mental well-being. Two years ago, I ran 100 miles in the month to promote awareness and last year it was 30 days of some form of activity. This month, I'm excited to embark on a new chapter: Neurofeedback.

As a trauma survivor, I've explored various therapeutic paths like Cognitive Behavior Therapy, EMDR, psychodrama, IFS, and Dance Therapy, each contributing to my recovery journey.

After hearing about the effectiveness of Neurofeedback, I decided that I'm going to document my experience to inspire others seeking different routes to healing. Let's stand together, raise awareness, and foster hope during this important month.

For real-time updates, follow my journey on [Instagram](#) and [YouTube](#).



The Celebration Was Amazing!

Recent Blog Posts:

[My Neurofeedback Journey: Healing Trauma Through Brain Training](#) - 10

evidence-based policies and strategies that lawmakers can implement to effectively reduce childhood trauma. From increasing access to mental health services in schools to promoting trauma-informed care, explore how these impactful measures can prioritize the well-being of children and foster resilient communities.

[Nourishing the Mind: Understanding the Impact of Consumption on Mental Health](#) -

Discover the profound impact of mindful consumption on mental well-being—food, media, relationships—all shape our journey to balance and resilience.

[Back to School Mental Health Guide: Navigating Student Anxiety with](#)

[Confidence](#) - Learn how to support student mental health during the back-to-school season to aid in reducing anxiety and promoting a healthier learning environment.

Featured Videos

In this video, I read an excerpt from [Perseverance Through Severe Dysfunction](#). The excerpt comes from the second interlude titled "Realization" where I discuss the realization I had that the once normalized trauma in my life was actually abnormal and detrimental to my mental health.



Get the book

Incorporate Wellness

Embrace Your Uniqueness with Mirror Affirmations: Practice self-love by celebrating your individuality and embracing everything that makes you uniquely you.

Stand in front of a mirror, look into your own eyes, and say three positive affirmations about yourself. Speak with conviction and sincerity, focusing on qualities you love about yourself.

Remember, there is no one else in the world quite like you, and that's something truly special. This simple yet profound exercise of mirror affirmations can help shift your mindset towards self-love and appreciation. Embrace your strengths, quirks, and even your imperfections as you let your reflection be a reminder of the love and kindness you deserve.

Events and Happenings

- Private Corporate Client - I'm excited to be speaking on the theme "**Ignite Growth and Transformation**" for a corporate client looking to boost morale, instill a mindset of resilience in their employees, and create a culture of growth!

- **Communities In Schools All in For Kids Annual Breakfast** - Please join us Thursday, September 21, 2023 at 14TENN for our All In for Kids Fundraising Breakfast. Networking and coffee will begin at 7:30 am and our program will be from 8-9am. Featuring Motivational Speaker and Best-Selling Author Reggie D. Ford. We hope you will join us to hear about our work in schools across the state!
- **Zen for a Cause: Yoga Fundraiser for Village Kulture** - Village Kulture in partnership with Small World Yoga brings you an incredible opportunity to connect with yourself and find your inner peace through yoga. On Sunday, September 24, 2023 at Noon, I will be leading a public yoga class for all experience levels! If you're unable to attend but would like to donate, please visit www.villagekulture.com/donate.

Zen for a Cause
**YOGA FUNDRAISER WITH
 VILLAGE KULTURE**



**SUN., SEPT. 24, 2023
 NOON**

**Small World Yoga
 1119 12th Ave S, Nashville**

**Tickets are:
 \$30 per person or
 \$50 per couple**

In partnership with




Reggie Ford

Register today at:
bit.ly/zenforacause



Reggie's Reflections

August 29th marked a remarkable milestone in my journey - one year of embracing a life without alcohol! Many might wonder why, assuming it was about battling addiction. I have tremendous compassion for those who are battling, but my decision was driven by a burning desire to sculpt a happier, healthier life for myself.

This past year has been a revelation. I've found mental clarity that ignites my creativity, paving the way for a more vibrant existence. The physical rewards have been astounding, making me feel stronger and more alive with each passing day. And the gift of deep, restorative sleep! Overcoming the shadows of insomnia has

truly been a cherished victory.

I'm filled with pride not only for what I've achieved but for the person I'm steadily becoming.

Remember, you don't need to wait for a new year to embark on your transformation. The power to shape your destiny lies within the choices you make today. If not now, when?

So take that leap of faith, chase your dreams, and nurture the version of yourself you've always envisioned. The journey might be challenging, but the reward is immeasurable. As the days turn into weeks, weeks into months, and months into years, you'll witness an incredible evolution that's uniquely yours.

Here's to embracing change, to embracing the limitless potential that resides within us all. Happy one year to me! And to all of you wonderful souls daring to take the plunge, I believe in you and extend grace when setbacks happen! Let's keep shining and inspiring each other every step of the way 🙌

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