



AUTHOR. ADVISOR. ADVOCATE. ACTIVIST.

Hey Friend,

In celebration of World Mental Health Day on October 10th, we're reminded of the importance of taking care of our mental well-being, just as we do with our physical health. In our fast-paced world, it's all too easy to neglect our mental health, but the consequences of doing so can be significant. This year, I urge you to reflect on your mental health, prioritize self-care, and support those around you.

Recent Blog Posts:

[Eliminate Protector Words: Boost Your Confidence in Communication](#) -

Explore protector words: understand their use and break free from their grip for confident communication.

[Coping with Grief: Healing and Finding Strength Within](#) - How to cope with grief: a universal journey through loss. Embrace it, seek support, heal. Together, we find strength in vulnerability.

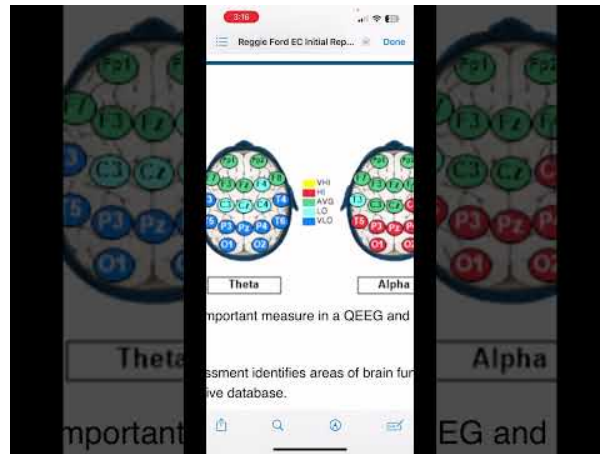
[Embracing Neurodiversity and Cultural Sensitivity: Unlocking Children's Full Potential](#) - Dive into the world of neurodiversity with a cultural lens. Learn how diverse perspectives enrich our understanding.

[What Does Healing Feel Like? A Reflection on Growth and Resilience](#) - Healing is personal, not linear. Trauma doesn't define us. Signs of healing: self-awareness, resilience, joy, better relationships, and self-acceptance. Keep moving forward!

Featured Videos

In my previous newsletter, I mentioned my intention to begin neurofeedback therapy as a crucial part of my healing process. The initial step of this journey involved a comprehensive brain mapping procedure. I'm sharing a video that illustrates the

results of this brain mapping. It was both heart-wrenching to see how significantly past life events have impacted my brain and inspiring to recognize that this newfound knowledge can guide us in enhancing its functioning. Check it out!



Recent Appearance on the Walk N Grow Podcast



Events and Happenings

- **Subpoenas and Savasana: Transforming Legal Stress Through Yoga:** Along with my friend Liz Veyhl, Executive Director of [Small World Yoga](#), I will be leading a CLE event for the Lawyers' Association for Women in Nashville, TN.
- **Minority Mental Health Summit:** I will be serving on a panel for the Tennessee Independent Colleges and Universities Association (TICUA) minority mental health conference at Lane College where we will embrace mental health recovery in a post-pandemic world.
- **FCIS Annual Convention - WE ARE FUTURE READY!** - I'm excited to be the keynote speaker for the Florida Council of Independent Schools' Annual

Convention in Miami.



Reggie's Reflections

In a recent conversation with a friend, something quite remarkable happened that led me to reflect deeply on the distinction between "work" and "care." We were discussing the challenges of healing and recovery, and I found myself repeatedly using the word "work" to describe both the healing process and the demands of my professional life.

However, in the midst of our conversation, I had a moment of clarity. I decided to replace the word "work" with "care" when referring to the healing journey. This simple shift in language had a profound impact on how I perceive my obligations. It made me realize that I now see my obligation to myself as an act of self-care, while my obligations to others, whether they be my employer, customers/clients, family, or community, fall under the category of work.

Obligations to others often involve meeting expectations, delivering results, and adhering to schedules and deadlines. They are commitments that require effort, dedication, and responsibility, and I now categorize them as work.

On the other hand, the obligation to oneself entails investing time, energy, and resources in personal well-being, happiness, and health. This newfound perspective has allowed me to reframe my commitment to self-improvement as an act of self-care. It emphasizes the importance of nurturing one's own mental and emotional health, which can ultimately contribute to a more positive and fulfilling life.

As we celebrate World Mental Health Day, I've come to realize the significance of this distinction. It serves as a reminder to approach our personal well-being with the same dedication and responsibility we apply to our work-related obligations. By viewing self-improvement as an act of care rather than just another task on our to-do list, we can prioritize our mental health and well-being. It's a shift in mindset that encourages us to invest in ourselves, nurturing our inner selves, and finding the balance between the demands of work and the need for self-care.

So, here's to celebrating World Mental Health Care Day with more care and less work. May we all find the time and commitment to care for ourselves, fostering happiness, health, and inner peace while still fulfilling our responsibilities to the world around us.

Take CARE!

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