

## REAL AND RAW PODCAST with AGENT 0 | EPISODE 5 | THE POWER OF WORDS

What's up guys It's Jordan Anderson We're back with another Real and Wild podcast with Aging Zero Today we have a special guest Miss Deborah saw off Um We are talking about a great topic in today's world of mental health Um How are you today I'm doing fantastic Thank you Better off to seeing you like this Oh yeah thank you Thank you Thank you Um We were telling people um you know where you're from what do you do with mental health How do you start it How did it you know flourish to what it is today Uh Well to make a long story short I've been in fashion for 26 years and over 26 years and I was asked to be the fashion event during the NBA All Star weekend and the Super Bowl weekend and give back to mental health And I realized fashion needed more than a one time give back So I decided to create a movement through fashion Uh Fashion is one of the most powerful vehicles Everybody relates to fashion You love fashion The kid in the street loves fashion CEO s love fashion So um I created a movement it's a brand but also a movement Uh for mental well being through fashion it's called the power of words You well would you what would you say your definition of mental health is in your if you in your own words uh managing your emotions on a day to day basis um expressing your emotions and being attuned to the emotions of others I think is what mental health is about mental health is not really about the individual it's about a community and you can only manage your mental health if you have the support of the community Right Got you So what do you what would you say your best ways of managing mental health is from uh you could say from a a personal standpoint and then from a community standpoint as you said because you say it's within the community you know um my entire life has been impacted by mental well being of a family member And I think that taught me uh the importance of being able to manage it and how do you reach out speak out uh express yourself But also how when people pay attention to you and care about you and care about your emotions is uh when you're able to share for example I have what I call uh my seven o'clock morning call That's my it's my coffee call That is my therapy So you've got to have someone to speak out to and be open about it which is how I've pretty much managed my mental health to talk about what I've done And you know my life has inspired me to create this program and fashion gave me the opportunity Uh I

believe think about when you wake up in the morning and you look at your phone if there was someone monitoring your emotions and it was going up and down like that on the screen What's your typical day you wake Do you look at your phone first thing in the morning Yeah I gotta get that alarm So yeah definitely You look at the phone Ok Ok So you're jumping up and down there first of all um what's the first thing you look at Um well once So I have I look at that I have my alarm and then I also have a reminder set for every every morning It's a uh Bible app I have the Bible app on my phone and I also have um the Daily Bread which is another kind of you know Bible app where they just have scriptures and like uh motivation thing So really that pops up on my phone I just read scriptures every morning before I you know I get to go throughout my day you know getting ready So and then you go through your calendar maybe what you have set for the day the classes you have the practice you have and is it going up and down like that Maybe you scroll through scroll scroll through your emails and your Instagram So are the human mind goes through 2400 emotions a day before I get to my desk I probably go through 300 emotions thinking about does does my youngest Philippe have his breakfast Oh am I late for him Is he going to miss the bus You know there's all of these things every one of these things takes you off your focus So I didn't know it was that many emotions That's crazy I'm sorry That's no that's good It gives us you know point of conversation here But um so what we created is a way to be able to focus and stay connected to what you intend to do for the day So we created something called the power of seven We took the seven emotions that you hold in your body and tied it to the seven chakras So we have seven colors and seven words that represent the emotions that our body holds And that is why we called it The power of 77 is a magical number It's a number that's universal appears in every religion every culture And um I believe we should live one day at a time pick your emotion for the day and whether it's the emotion or several emotions uh pick the one of the seven emotions and focus on that And what am I do I have my emotions today Yes So you know what do I want to do I want to be able to speak out and I want to remember to be compassionate The way each of us express these emotions is different So why I might be a warrior and why you might be a warrior might be completely different different and warriors for different reasons So what this does is it helps you come back to what your intention for the day is and we get distracted I mean we get distracted by things that are going on in the world We get distracted by things that are happening on Instagram We get distracted by all of the

different apps that we have going for us conversations that are happening So we forget about what we set out to do So I I like to say focus on what you want to do today It's one day at a time and it may be two or three of the seven emotions but pick one I definitely agree with that We're trying to take things one day at a time I feel like it's kind of hard though at the same time only because like for something that happened like yesterday or today can like affect the future if that makes sense So like that brings out a lot of emotion So you know just with um for instance for a game or instance you know practicing the throughout the week you know you have good practice and bad practices but you're preparing for Saturday So I feel like you know if I have a bad practice on Tuesday or Wednesday then I feel like that affects me that next day Cause like I'm thinking I'm thinking ahead kinda like ok like if I had a bad practice this this week then I more than likely the game is gonna be bad for me if that makes sense I don't think that way but I know people sometimes tend to think that way for sure but I definitely think it's kinda that's a good way to go about it I try to go by you know taking one day at a time one day at a time and one step at a time and taking things slow But I definitely agree with you with um taking things one day at a time So you said if you had a bad game it's going to be stuck in your mind or bad practice you're going to it's stuck in your mind that you're you know you had a bad practice and that's a constant reminder So we want to get you out of that So I would say I would wear in that case if it was me I'd say I had a really bad game I'm going to be optimistic because I I know that I want to play a good game and I'm going to go that direction I would also in addition to that wear resilient So I'm not going to let this bad thought come in the way of my performance and I'm going to be resilient I would wear warrior to work on what I want to do One of the words we have one of the seven words is magic and I just what are the seven words You just go into that Well yeah So we have um we start with magic I believe if you believe your magic the energy if you believe your magic you're you you're the one unique person on this planet Like in fashion we'd say your haute couture because it's only one piece right there The one special piece and we are the one individual being and God created us unique But we don't appreciate that enough And we don't remember that I think I love to wear magic every day because I want to remember I'm magic And I always say to when I speak in a class I say when you walk out of the class and you go into the elevator just believe your magic And that puts out a magnetic energy that energy that you put out people feel it And when you try it in a confined space you will notice you should get a

reaction from someone And I always say if you don't get a reaction once try it again and again until you do get it because then you practice being magic and that is that leads leads to a lot of different things that are contagious and it's positivity I think the power is in believing for sure Um My coach actually used to say like the powers in believing in faith You know I feel like once if a whole organization or a team have belief in the same goal and the same aspects and aspirations and I think it's always going to be successful and contagious Absolutely So we have yes we have magic we have empathy compassion optimism resilience What did I miss Speak out reach out and speak out which is one of the most important words So you say magic magic compassion empathy resilience speak out warrior My most important So what's your empathy that I would think that's more so on the side of emotions correct Yes I believe empathy is feeling with the heart of another We can be compassionate and you know someone's crossing the street we go out of our way to help them cross If it's an elderly person you help someone open the door pick up their groceries If they fall down those are things that are compassion Empathy is when you're telling me a story to really feel like I'm in your shoes rather than just acknowledge what you're going through and go on and talk about what I'm going through but really focus on you and spend time and try to understand what you're going through so that I can really communicate and and be authentic with my uh communication and I'm not able to help you if I don't if I am not empathetic enough or switch in that empathy Like I said I think it goes into emotion But then like I see you how resilient as one of those I feel like I'm very resilient but also like I have empathy but I don't show it as much if that makes sense Like in a non I'm like in a nonchalant type of way and not to not to say that I don't feel or I don't care But I feel like me using all the why use all my energy towards something if I feel like I don't want to use all my energy towards something if that makes sense No Absolutely I'm I'm just I I think when you're talking about yourself and your day to day life and you're going into something and you have to make a decision or you have to say another player you might not understand what one of your teammates is going through You just don't agree with him on things and when you are in the same space as him if you remind yourself to be empathetic try and understand because sometimes we're so rushed in life we don't stop to understand why someone's done something and why someone's made a decision or why someone might have had a bad game when you know they should not have they practiced they did really well But sometimes things can happen in life before you leave for your

game That might switch your mental state of mind and impact your performance perhaps But nobody knows that But you expressing yourself saying you're struggling with something because sometimes we don't see the struggles of others And I think that's that's the issue I also have you know you talk when you talk about little leagues when you talk about young kids playing uh high school basketball or football or whatever and people sit in the audience and throw comments at them and and they don't understand what the child is going through So you're you're you're putting out this negative energy that doesn't give and and especially young people that are so fragile you don't give them the opportunity opportunity to be themselves to pick up and go because they're so afraid of the backlash they're going to get from not performing And I think that's a big part of mental health is what we as fans and audience put out We don't understand the person we understand the player and our expectations are very high but then we're not out there on the field playing the game And I can agree with that because I actually I've I've went through that and I've seen people go through that like all the way up from Little League to to college now like you know in Little League they don't in my opinion they don't let the kids be kids Um long enough if that makes sense Like cool Like I I understand like football is a competitive sport and I I can I'm the biggest competitor Like it is like I hate to lose but at the same time I feel like they put the game more than the kids will be a at times and uh that is bad and I feel like kids don't get to be self like cause take it from me like I've haven't had a real summer since I was like five years old Like all my summers have been sacrificed for for football Like I've al I've always been playing football for the summer spring and fall so forth and so on So it's never had like a real time to like you know just just relax or just like like well or like debrief on like what all like you feel me you went through but even in that even going up to high school like it's even worse because like now you have you know higher expectations higher expectations and then you have fans you know been on the game It's like it's a lot it's a lot of pressure for sure And then honestly in college it's I feel like that I feel like college is the is the is the most you feel the pressure just like everybody in mental mental uh health Um because you have to get up early in the morning you gotta deal with school you gotta deal with workouts football coaches and then like say if it was in my shoes like I'm all the way I'm five hours five hours from a plane ride home 1000 miles So you can't really it's a lot to focus on football school and then like your family back home So I feel like it's definitely a lot that people don't understand like the

backlash of it anyway And then cause at that at that time in the same aspect even if you're going through all of that it doesn't matter honestly because at the end of the day you still have to go out there and play And that's what people that's what people understand but they don't understand that and in some ways they just think oh they just you know they're football players like they don't do anything but you know practice all day when in reality it's a lot more stuff that we go through for sure you lead the life of an entrepreneur and you know there are ups and downs and uh yes nobody understands Jordan Anderson the person they look at Jordan and Anderson the player and which is why I say if you have your team and people understand the emotion you're trying to put out this is you wearing your emotion for your own strength and your own focus But me looking at you wearing resilient I understand that you're fighting something you're trying to get somewhere you're trying to be strong you get the support of your community But if people don't understand what you're going through because you're not expressing it you're not telling us you're not talking to your audience every day And which is why I started the program It's called band bond therapy They are bands that bond you as a team you teammates need to understand you need to understand what each other is going through without having to ask you which is how these work So I you know and then eventually your fans will get to understand what you're going through as well You're there to play your game you wear warrior because you're going to win this game You're going out there warrior mode but you also sometimes need empathy sometimes need compassion and ask for it Yeah I definitely I definitely agree with that too And it's just like I feel like social media plays a big part in you know feeling some type of way not wanting to speak out enough too cause as that people do have their own opinion but I feel like some people just just like throw their opinions out at the wrong time too cause like you never know what somebody can go through but then you're just sitting at home and you just see something you see on on TV or like on Instagram So you just throw your two cents in but you don't know like what's going on and then they throw a pin in it really it probably it probably really hurts that person But they don't know that though and they don't care which me like I have tough skin I have tough skin so like I can deal with it But like I know some people that that that can't deal with it or you know you have tough skin but then you see something you like Dang that's how they really feel It's just like it's crazy But I definitely feel that and then you know just being resilient I feel like people be too resilient to speak out uh in today's

society though because like you said isn't speak out One of the one of the is one of the words reach out and speak out Yeah I feel like just um just with men in society period Like they don't want to speak out on their feelings or their or their mental health because it's deemed it's deemed softer being or not being manly enough or being feminine and not masculine enough in which I can I I don't I don't agree with it but at the same time I don't want to say I did I don't disagree I don't disagree with it but I agree I don't agree with it though If that makes sense Like you know I always say sharing your vulnerabilities is one of the greatest leadership skills you will have So being able to talk about your weaknesses is what is actually a strength And we always say that the best leaders are able to talk about their vulnerabilities That's how you bond with the people around you You're above them and you you're the best player on the team and they look up to you but they need to know that you're also humble and kind and you have feelings and emotions you that's the way you communicate That's the way you build a bond with people When you don't share your emotions you kind of stay aloof I think I guess I guess you can say that for sure Do you think do you believe crying is is good or bad It's great It's great Everyone needs to have a good cry I don't cry I don't cry You people think people think I'd be lying but I really don't cry though And I don't know I don't know It's not like it's not like I was brought up to not cry or anything that much Like my momma if you want to cry you can cry but I don't cry though for sure Yeah You you've you you've been you've kind of found your strength and you feel like you can be strong and handle things but there will be moments in life for sure Like I I don't it's definitely gonna be moments in life but like I don't think it's ever been something where like I was so frustrated Well it's been at times like in the games like I like drop a T but it's like out of frustration though like that we lost and like we're supposed to win or like it was a close game but like out of just like mental health wise or something I don't think I would I don't think I could cry if that makes sense But I don't know if that I feel like that's a bad thing but it's not people always like that's a bad thing But I don't think it is I just no it isn't You just been in a position I feel like I built up a tolerance like good enough where I can handle stuff other than crying if that makes sense But everybody else say like yeah you need to cry like especially it's more it's more of a female aspect though in my mind which is not I feel like females and males can cry but I feel like more females cry in in that aspect If that makes sense I think we're both differently to start with And uh um you will cry when you feel the pain strong enough and maybe you haven't been in that

situation Yeah Not with mental health Not with mental health II I don't think many people cry with mental health issues You cry when you you're broken about something and there are so many aspects mental health there may be there are things that we are not talking about that lie under the surface that are actually making us cry Yeah I think the you said optimism was the other one Yes Can you explain Um Let's go back to resilient You refer to resilient as um you know being resilient and being strong and going back to doing what you want to do on a daily basis and work really hard Uh But there are people that will be resilient because they're trying to remind themselves to eat healthy And every time you reach out to grab something that isn't healthy that's just your reminder you're you're resilient about keeping with healthy food or staying healthy or picking making the right healthy choices That's just to give you because you talked about I think I think I had like a different scene of resilient life I think like a resilient is more so of a of strong or like kind of like a rebel or like an alpha alpha male type of meaning So the great thing about the bands is being able to express them in different ways being able to express them the way you express a word And that's the beauty of it is the same word Doesn't mean the same thing when you talk about optimism Um You know I want to go into my day if I have a meeting and I feel like I'm not going to I'm not really ready for this or I'm not ready to go the way someone someone wants me to go with the with the program I want to go into the meeting feeling optimistic that ok this might not work with you now but maybe you'll realize later on that you do need it but I need to not be upset about that and go into it being optimistic that this is not meant to happen for me right now and maybe something else will come from it So that's another way to look at Optimism is looking at the positive and negative It was more of a like a positive mindset going in I feel like I definitely agree with that and I try to hope is another you know I try to I try to go into every day like things like that were positive but like you said it is kinda hard to like think of that positive when like stuff is going wrong and not going your way or like you work so hard for something and you work so hard for something that's not going your way right now And then now it's just like you got that negative feeling about something You got that negative mindset which is kind of hard to shake at a push it that way It's plenty of times I can I can't I I will admit like many times I've had that negative feeling like once because like I've been working so hard for something or like I did all the right things or the correct steps to lead up into that and then like the outcome of the result isn't what I wanted to be And then now I feel like it's just like a it's like a a



bummer to the face It's like wow I didn't do all of this and I still get like the shirt end of the stick So I feel like it's kinda like that kinda like kinda is tricky a little bit like messing with people But um like I said it before and um in the beginning where I have like a reminder like read the scriptures every morning and stuff Um I actually was going through a period of time where I was like having a negative mindset and I had read a scripture and it became one of my favorites uh John 13 7 and said um you may not know now but you'll understand later and like that kinda like stuck with me now because even when I was going through that period of time just like you know talking to people like talking to my friends or like uh mentors I know are just like people that you know generally like I talk to and they want the best for me Um They would just say like yeah you know you really can't you really can't know you really can't dwell on it right now Because that that you're not that type of person to begin with Like they know like I'm a very you know outspoken person outspoken person Like I I speak out and I'm very I'm very energetic and stuff like that but it was saying like you never wanna never wanna worry about the future so much as you know just handle what you can handle right now So I feel like that scripture really like played a good part Absolutely Absolutely If you look at the you look at the universe and look at life itself you're you're only where you're meant to be The the two of us sitting here is not by chance This is destiny This is where we are meant to be Sometimes you meet a random person in the street and then build up a lifelong relationship with them just from having a quick conversation either you know on the train or in the elevator Uh our lives I believe are predetermined everything we do in life So if it's not meant to happen be optimistic because it's not right now This is not meant to happen right now It's the way the universe is It's the reality of life Our lives are you know controlled by a higher power I like to say no Yeah definitely I agree It's just like it'd be so it's so hard to like have that that yeah that that positive mindset when you know like you've been doing all the things like the positive out and like it still doesn't it still doesn't come to fruition right now I just I feel like people people and myself in general like people are just like kinda too impatient sometimes I feel like and I feel like people if people was more patient about things and have a positive outcome or a positive mindset positive outcomes would be like more likely in society I think you know sometimes we're looking we we look straight ahead and um you're looking at a path and you're looking at that and that's where you need to go But we forget that there are all these other parts on the side and don't be disappointed

when you're looking in that direction and you can't reach that goal Think about there are other things that have come from all the effort and all the time and all the relationships you've built in that time You can't just be focused on one thing but there are so many opportunities around you that you might lose from just spending time being disappointed that you can't get to your goal Make good of the other things because you've developed so many skills When I look at athletes it's incredible I mean you you work out you have to work out you have to play really well You um you have to study you don't have the family support if you don't live in the city So there are all of these things all of you guys are overachievers as you can I mean an athlete is an overachiever it's you live the life of what an entrepreneur does when they you know get up and work every day and they might not achieve their goal and things change from day to day So you know the way you especially when you go through college the way you live your life is the way entrepreneurs live it outside I believe So we talked about we talked about magic empathy reach out slash speak out compassion We talked about compassion warrior that talk about warrior What are your what is your definition of a warrior Um When I think about warrior to me it's about warrior Also when you talk about the chakras it's the root chakra I think about being grounded being strong being that's your root You always stay secure and don't don't waver you know just just be that's warrior mode for me is to be rooted and uh understanding that um you know believing really what you're doing is right and for the right purpose and uh things that come your way might try to waive you and sway you but you know stay rooted and stay the course I definitely agree with that I feel like my definition of a warrior is just like someone that's just like strong willed like you said just stay grounded but like strong real strong will um resilient of course and just you know somebody that can somebody that can be pers that's perseverant do a lot of things and that's also confident about about self and like what they do for sure Like I think a lot of people could be worse but they're not confident they don't have enough confidence in their self if that makes sense And I feel like confidence breeds success in in in most cases Absolutely But be rooted be you know go deep into whatever you're trying to do So you secure yourself And that's that's what being a warrior to me I think when you say stay rooted and stay grounded I also think that goes into you know staying grounded and staying rooted until like your core values and and and so for sure I definitely agree with that for sure I think when I think of warrior I think it's just like who uh who's a AAA fictional character that's a true word

Uh You can't really say superheroes because that's like it's kind of cliché Uh Actually I to me um warriors are people that have had struggles that have been inflicted upon them And um you know I work with a few warriors Um I work with burn victims that have you know burns been inflicted on them and not that they ever accidentally burned But it is they've been through that for no reason uh for nothing that was their fault and they've got to live life and go through life being disfigured from the burns You know they're really warriors because they're they're grounded They still have the will to live They still have to have the will to fight and face society You know there are so many things that they need to go and still go through life and still be positive and still want to live And um when I look at them I feel like I have nothing to complain about everything in life is is so you know so easy to handle when you look at the and that's why I always say you know just look outside the window look at what someone else is going through and you realize how lucky you are and you realize how magical your life really is I've definitely gone through that a couple of times Like you you'll have like a negative mindset or not even a negative mindset but you'll complain about something then you see someone that that isn't fully functional or like they don't have the luxury of just being healthy like you are And then that's when I feel like that's like you you take a moment to realize like dang like I'm I'm really blessed to like be here and enjoy what I'm doing So I feel like a lot of people need that in in that sort of way And that also goes where like I said before like you know they're they're per they're per they pressure been through a lot of things Yes Absolutely You know even if even if they are going through stuff where like they're taking they're they're taking all the negative things or energy towards them Like you feel their head is bloody But it's never it's never it's never it's never about you know if that makes sense they always send a positive they have the strength to keep going to keep going stay positive uh have a great attitude and um you know I think a lot of it also comes from believing this is if you believe you are exactly where you are meant to be in life and not look at someone else and envy them for it I think that's a really great attitude to have because you are exactly where you're meant to be and you work hard and uh you know as long as you feel like you're giving back to the world um that's you have to be content first to be able to be in that mode Yeah I definitely agree Some people like they don't they don't really see like where they at art in life because like they are comparing their self We like and I think like that's the that's kind of it's hard it's hard but at the same time it's kinda it's kinda I

understand where you're coming from like you shouldn't And someone always told me comparison is the people of joy So I feel like that's definitely a powerful message to think cause always somebody else is in a situ is in a certain situation because of what they got going on in their life and that's their destiny Like that's what for right now But I feel like people just get caught up and worrying about what the other person doing They're not grounded to like stay down and just persevere like what they got going on now And I do understand it is hard like I said before like you're doing all the things right And that person could be doing all the things wrong but they still get you know like you feel me the praise or the accolades or anything of that nature but you feel me you're still not getting that So I feel like that's definitely understandable for sure You said you also have colors that go with the words right Yes So what does the color mean Something different from the colors are just the colors that tie to the chakra So the chakras have been around for centuries and uh the colors for the words tied to the chakras And if you look at it warriors red So you know you can imagine warrior always being depicted as in the color red Um to me purple has always been the color of magic So these are universal colors that have existed for centuries that tie to each of the emotions So is it like true like if someone likes certain color if they like a certain color is that true about themselves if you think No I actually like baby blue to speak out But I think I feel like magic most of the time Got you No I say that like me My favorite I'll say my favorite color is red and blue and purple So I was like if you mix yeah that's really great That's all of your characteristics You think that's true about all the characteristics Uh It may be true for you It's not true for me Not that I so what are your what do you think your top three words are um I want to say empathy magic and resilience And why is that I think I've always been empathetic So I I always look at someone else's situation and I try to remind myself not to judge people before I understand where they're coming from It's uh it's very important to me Uh The words very important to me It's very important to the relationships I have and uh the kind of work I do as well It's an important characteristic to have um magic because when I remember I'm magic I feel that something inside of me that gives me even when I'm low it picks me up I'm just grateful There's so much gratitude attached to the word magic because I'm here and I I you know I walk the planet I I laugh I talk I I do things I want to do when I want to do And so many people don't have that opportunity to do that So I believe magic is a really important word for me to remind myself to be grateful for being here And I do believe that puts out a

really positive energy and resilient is because life is really you know like you said sometimes you work really hard and you're trying to get somewhere and it and you don't really get there But every path here going down has obstacles and has positives and negatives But look around you don't don't have that one tunnel vision and look at you know your uh you know what did they say Keep your eye on the prize Yes But sometimes that prize is not for you True Got you What do you think My three my top three words I mean I words I just told them words I uh well we're not we're just we're like we're just speaking to me in this conversation What do you think the three are for me Or you can just uh well I think um you know I believe you're somebody that likes to speak your mind and uh I hope you express your emotions uh your weak emotions uh your vulnerabilities So you like to speak out but you speak the positive things You also need to speak about the things that uh um that may you may look at as weaknesses But what are the things that trouble you and i it's harder to sit in front of somebody and and speak out which is why we use the bans That's one way of expressing Uh I do believe you're resilient and you're a warrior because you wouldn't be doing everything you're doing Uh if you weren't um I see that you have compassion because you like to bake because your mother bakes your mother is a baker Really One doesn't have anything to do with the other but you have a lot of great qualities and that's why you will get where you need to be Appreciate that So you said power of words you guys have a podcast right We have a podcast which we haven't launched yet We're about to launch with SP Studios and we are so great to uh be partnering with them Uh Thank you guys and um yes it's called uh Well the website is the Power of words.com and our Instagram is at power of words brand Uh You see a lot of uh our brand on our Instagram at the moment but all of it is very message driven Um And soon you will start to see the power of seven impact on our Instagram as well because we have a lot of ambassadors that are coming together to promote the power of seven Got you got you we're gonna take a switch into the the podcast we're gonna talk about um kinda like ok we can still talk about mental health but like in the relationship aspect of it as far as that do you think say if you were talking to a significant other and he was going through a mental health type of deal and like you did all that you can do like to like be there and help that person Would you like stay or like would you leave after a certain while if it's not getting better No you never leave I mean I've been and I've said this that you know 40 years of my life has been impacted by mental well being and of a family member and uh I'm still around and

they're still around and we still help each other So I I think it's really important to um that's resilience that's being a warrior for them Um And maybe we are un invasive and un we are an un invasive un intimidating approach to mental health Our conversations and our program is un invasive and un intimidating but we do have I'm on the board of the DD hush of mental health services So when we do see that someone is struggling we do have help So you have um 988 W which is the Suicide helpline You have DD Hih Health Services you have NAMI and you can pick up the phone and call So if someone DMS us and says they'd like to speak we take the first call but then we put them in the right direction because we don't have therapists on our team But we are very well connected with therapists We don't let go You can't let go because you don't want to lose anyone So I was going to say you do advocate for like going to therapy Absolutely I think if you need therapy you can build your therapist around you Like I said I have my seven o'clock uh you know coffee my morning coffee call which is very important to me because that might be the time and you can find the people around You can find people that you can actually talk to without them having judged you And sometimes you just want someone to listen to you you really don't want to but you just want to speak out That's why we say speak out because you're not really looking for solutions You're looking to share and lighten that burden Definitely I said I think I'm a great listener Some people come to me all the time Ok That's great It's great to be a great listener But do you think um like you say you have therapists that can be around you Do you think I know you heard of like tough love type of type of aspect Do you think that's helpful in a way No I I think like with mental health I don't think anyone should keep anything inside of them because it just builds up No not not keeping aside I'm more so of not not like give you tough love or like even even a friend like you need you need the coach but you also need someone that can listen to you And uh what do therapists do Therapists don't give you solutions They just listen to you and let you talk and ask you the right questions And that's the kind of wise people you need to surround yourself with It's really important for you to have mentors because those are a kind mentors are in many ways a therapist My mentor is self love on me for sure OK I appreciate it though I feel like I feel like the self love is more so of them keeping it real instead of instead of like sugarcoating it or like keep it like kind of vague a little bit I feel like it shouldn't be vague at all And I feel like I I feel like I give that off to some people that are like that they be having me listen to like the problems and then I just say it like straight up but like

they say wow that was just like so surreal like aggressive But yeah it's like I that's the only way I can put it but I feel like it get it gets it gets the point across and they appreciate it So I feel like is that a good is that a good way of going about it Well that's your way of going about it Everyone has their own way You can't cater you know your way to what every to everyone else's needs So you just come as your true auth authentic self and people will love you and appreciate you and respect you for that So give them your best As long as you're not you don't ignore someone you don't ignore someone who's struggling and you realize they're struggling and sometimes we're so busy with our own lives that we walk away from it But come back to it If you realize my gosh I should have listened a little more or I could have said this go back to the person Don't just wish you had done something different Well I definitely appreciate you for coming on here for this episode It's a very good you know talk about mental health I think a lot of people don't talk about mental health as much or it's shit they don't talk about it as they need to But it's definitely you know being more of a more sought out and talk topic in today's world So I definitely appreciate you for coming on and speaking It's a pleasure Thank you for having me and um you know thank you for the opportunity to share my thoughts and the power of seven and the power of words and your words matter Thank you Well that's it Thank you for another episode Check out the podcast and so make sure you go follow the power of words right Yes It's at power of words brand or the power of words.com Got you Well that's it folks Thank you Stay tuned