

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

<https://silosolo.com/343271>

## Summary

This Silo talks about managing mental health through the power of seven emotions and colors tied to the chakras, staying focused and connected to intentions for the day. The main topics discussed include mental health, resilience, the power of words, empathy, and compassion.

## Silo sample questions

- What is the main definition of mental health according to the guest?
- What are the seven words tied to the seven chakras used in the power of words program?
- How does the guest suggest managing mental health on a day-to-day basis?
- What are the main topics discussed during the conversation?
- What is the name of the podcast and where can it be found?

## Topics

Mental health

Resilience

Empathy

## Key Takeaways

- Managing your emotions on a day to day basis, expressing your emotions, and being attuned to the emotions of others.
- Magic, empathy, reach out/speak out, compassion, warrior, resilience, optimism.
- By using the power of seven emotions and colors tied to the chakras to stay focused and connected to intentions for the day.
- Mental health, resilience, the power of words, empathy, compassion.
- The podcast is called the Power of Words and it can be found at [powerofwords.com](http://powerofwords.com) and on their Instagram at [powerofwordsbrand](https://www.instagram.com/powerofwordsbrand).

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