

An excerpt from the book

Ignite the Greatness Within

Strategies to Maximize Success While Managing Your Mental Wellness

RELATIONSHIP CHALLENGES ARE PART OF MENTAL HEALTH

Women, and especially women of color, have gone through very tragic history of generational and historical trauma. Many worked as entrepreneurs through the trauma and drama of life and never truly healed. It starts with you to strengthen our families and our community. Accessing culturally competent professional licensed therapist is part of that journey. I want to use this chapter just to explain what mental health is and why therapy. Relationship challenges are part of your mental health and mastering your emotions is the best way to have healthy relationships. Mental Health therapy can help with learning this skill. Mental health therapy is a form of treatment used to help people manage and cope with mental health issues. It typically involves talking to a therapist about your thoughts, feelings, and experiences in order to gain insight and learn coping strategies. It is paid for on a cash basis or by insurance. Through mental health therapy, you can gain the skills and confidence to better understand and manage the challenges that arise in life. By managing your emotions, you make sound decisions as a parent. Mental health therapy can be extremely helpful in helping people to better manage their mental health. It can provide a safe and supportive environment where people can discuss their feelings and experiences and learn to identify and regulate their emotions. It can also provide tools and strategies to help people cope with difficult situations, better manage stress, and build resilience. Ultimately, therapy can help people to feel more in control of their mental health and lead a more fulfilling and meaningful life.

Achieving Emotional Mastery or mastering your emotions is an important part of being a successful businesswoman. Mastering your emotions is a crucial aspect of self-improvement and personal growth. Emotions can often be overwhelming and can cause us to react impulsively, which can lead to negative consequences. However, with practice, it is possible to master your emotions and use them to your advantage. Here are some tips to help you on your journey towards emotional mastery:

- **Identify your emotions:** Before you can master your emotions, you need to be able to identify them. Take the time to reflect on how you are feeling and try to pinpoint the underlying emotions behind your reactions.
- **Practice self-awareness:** Self-awareness is key to emotional mastery. Take the time to notice how your emotions are affecting your thoughts, behavior, and physical sensations.
- **Use mindfulness techniques:** Mindfulness techniques can help you stay present and aware of your emotions in the moment. Techniques such as deep breathing, meditation, and yoga can be effective in helping you manage your emotions.
- **Practice empathy:** Empathy is the ability to understand and share the feelings of others. By practicing empathy, you can better understand the emotions of those around you, which can help you regulate your own emotions.
- **Develop healthy coping mechanisms:** Everyone experiences negative emotions from time to time. It is important to develop healthy coping mechanisms that can help you manage these emotions in a positive way. This could include things like exercise, talking to a friend, or engaging in a creative activity.
- **Seek professional help:** If you are struggling to master your emotions on your own, don't hesitate to seek professional help. A therapist or counselor can provide you with the tools and support you need to manage your emotions effectively.