Discover the Light Within

Gayathri Ramprasad, MBA, CPS
Daddy’s Little Princess
Bringing Hope & Healing to People’s Lives
Join the Movement!

my story...
MY SUPERPOWER
Aida the Angel
The 8 Dimensions of Wellness:

**EMOTIONAL**
Coping effectively with life and creating satisfying relationships.

**ENVIRONMENTAL**
Good health by occupying pleasant, stimulating environments that support well-being.

**FINANCIAL**
Satisfaction with current and future financial situations.

**INTELLECTUAL**
Recognizing creative abilities and finding ways to expand knowledge and skills.

**SOCIAL**
Developing a sense of connection, belonging, and a well-developed support system.

**PHYSICAL**
Recognizing the need for physical activity, diet, sleep, and nutrition.

**SPIRITUAL**
Expanding our sense of purpose and meaning in life.

**OCCUPATIONAL**
Personal satisfaction and enrichment derived from one’s work.

SAMHSA
The Story of
Dr. Michael J. Fox
“Your mind can elicit a healing response when even conventional medicine has proven ineffective.”
- Dr. Andrew Weil
Wellness Begins With Me!
The Power of Intention

“You are what your deepest desire is. As you desire, so is your intention. As your intention is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny.”

- Upanishads
The Four Pillars of Resilience & Wellbeing

- Peers
- Family Members
- Healthcare Providers
- Community
It takes a village to raise a child; it takes a community to care for humanity.
Fear not the darkness in your life. For it is in your darkest hour that you will discover the light within!