



Welcome to the Wellbeing & Words radio show! Wellbeing & Words, whether the newsletter or the radio broadcast, is dedicated to helping people thrive no matter what difficulties they face. Mental illness, stress, and other problems don't have to stop us in our tracks. Wellbeing & Words has an intentional purpose: To empower people to

- Embrace life
- Create balance
- Benefit from mindfulness
- Experience flow
- Develop grit
- Find their passions and purpose
- Create a life worth living
- Take action

Shows will include:

- Interviews with experts in the field
- A modified book group, broadcast-style (all related to mental health)
- Resources and information
- New shows are aired each month with new topics, experts, and content

Where does the show air?

- Wellbeing & Words is part of the Storytellers Campfire platform of shows
- Storytellers Campfire partners with 27 radio stations, 16 podcast/online radio shows (10 of which are syndicated), and nine television stations
- Each month Wellbeing & Words will air in at least 10 different locations (not all of the above stations are relevant to mental health)
- Every show is also archived on the Storytellers Campfire or an affiliate website as well as on [tanyajpeterson.com](http://tanyajpeterson.com)
- All shows are promoted and linked on social media, both Storytellers Campfire's accounts and Tanya J. Peterson's accounts.

Tune into Wellbeing & Words every month and/or online and, in a lively and enjoyable way, empower yourself to create a life worth living.

If you're a mental health expert (there are many ways to be an expert) interested in talking with me on Wellbeing & Words, contact me at [tanyajoypeterson@gmail.com](mailto:tanyajoypeterson@gmail.com).