Mental Wellness Messaging Discussed During Presentation:

Mental Turmoil

Societal pressures created foundational anxieties and fears. Internal pressures developed an erratic mental state.

Emotional Instability

Emotional suffering led to denial, depression and life-disrupting anxiety attacks and anguish on both his physical and mental well-being.

Unified Wellness

Motivated by family, friends, and specialists; broke through barriers hindering success; focused on the spark evolving into recovery; developed a state of mental balance.

- Bryan Murphy offers relatable mental wellness messaging inspiring all – some who have lost all hope or even listeners achieving ultimate success in life – always reassuring audiences that **Modifying their Mindset** and committing to oneself will lead to **Unified Wellness.**
- He is a High School and Division 1 College Football Phenom who reached the pinnacle of his game of life then succumbed to hopelessness and survival while navigating the Opioid Epidemic.

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