

stars with a cause



March For Our Lives Los Angeles

Amy Schumer, Yara Shahidi, Los Angeles Mayor Eric Garcetti, Connie Britton, Olivia Wilde, Skai Jackson and students from Marjory Stoneman Douglas High School in Parkland, Florida, Rebecca Mieliwoki, the 2012 National & California Teacher of the Year under President Obama and William LaGate, the 23 year-old entrepreneur who is one of the leaders of the #BoycottNRA movement on Twitter, among others gathered with students, artists and activists to show support in solidarity across the nation demanding an end to gun violence in our schools and communities. Also performing and speaking were Charlie Hall, Denver Choir, Lara Downes, Ta'Rhonda Jones, Cappie Pondexter, Bret Lockett, Hasan Piker, Jacob Sartorius, Mason Cook, Meg Donnelly, Sierra Dupri and Trevor Hall provided a video of the song "Angel Rays" in honor of the 17 victims whose lives were tragically claimed in Parkland, Florida on February 14, 2018 and to demand immediate action on gun violence prevention. The student-led campaign is calling on lawmakers to prioritize the lives of young people nationwide. Participants marched to Los Angeles City Hall and Grand Park for the rally. "March For Our Lives Los Angeles" announced a grant from the Eli and Edythe Broad Foundation, to support the student-led initiative. The Broad Foundation has dedicated more than \$4 billion since its inception to improve education, science and the arts, and joins Everytown for Gun Safety, Moms Demand Action for Gun Sense, Women's March Los Angeles Foundation and the Mayor Tom Bradley 100th Anniversary Organization as official partners of March For Our Lives Los Angeles.



Amy Schumer

Connie Britton

Marisa Tomei



Evan Rachel Wood, Lea Thompson

Laverne Cox

The Wizard of Oz Guide to Self-esteem Health & Wellness

Dr. Nina Savelle-Rocklin, Psy.D.

Great films do more than entertain us. They teach us about ourselves. We learn a lot from the characters in the film, *The Wizard Of Oz*.

Great And Powerful Oz: The Wizard believes the way to gain respect is to appear strong and omniscient. He projects a huge and powerful image to the world while his true self remains hidden behind a curtain. Many of us think we have to show a certain image to be likable. We hide our doubts, insecurities, and fears because we think they diminish us. Yet if we don't show who we really are, we never connect with people on an authentic or deep level. This can lead to loneliness because the part we play in life gets the love from others, not you. You may have the sense that your false front, the mask you show the world is the likable person, not the real you. When we allow ourselves to be vulnerable, we feel more connected to ourselves and to others.

Dorothy: Dorothy runs away because a powerful person threatens her beloved dog Toto. During her time in Oz she learns to appreciate the relationships she has and trust other people to help her and protect her. Many of us believe we must be independent and take care of everything on our own, instead of leaning on others and letting them help. When we rely on others, we feel cared for and that makes us feel lovable.

Cowardly Lion/Tin Man/Scarecrow: The lion thinks he lacks courage yet acts bravely. He incorrectly thinks courage means the absence of fear. Courage is feeling the fear and doing it anyway. The tin man believes he needs a heart while showing a lot of heart with his empathy, sympathy, and love. Scarecrow thinks he lacks a brain but—like the lion and the tin man he also has more smarts than he realizes. Self-doubt often blinds us to the reality of our positive qualities. When we see ourselves with clarity, we have a greater appreciation for ourselves, which leads to self-acceptance.

Challenging and defeating the inner critic is essential to well-being. That starts with identifying how you learned to be hard on yourself and healing those past wounds.

Glinda the Good Witch: Ever wonder why Glinda doesn't wave her magic wand and send Dorothy home? That's because she knows Dorothy must learn to get herself home. Dorothy must learn to believe in herself. When Dorothy feels like giving up, it's Glinda who encourages her. We all need an internal Glinda, a supportive voice that helps us believe in ourselves in difficult times. When we give ourselves encouragement and support, we are capable of going wherever we want to go in life.

The Wicked Witch: She is a scary, nasty character. Think of the witch as an internal judge, critic, attacker, slave-driver, the part of your mind that tries to kill off your spirit and stop you from living your best life. By challenging and eliminating your internal witch—the inner voice that attacks you and questions your ability to live life on your terms, or have what you want—you're free to feel good about yourself.

The Flying Monkeys: Those monkeys have given generations of children terrible nightmares. Yes, they stop being threatening when Dorothy defeats the wicked witch. The monkeys represent the scary ideas we have about ourselves. Yet they ultimately only have power if we give them power; if we feed our internal witch/critical voice. When you're mean to yourself, when you're critical, vicious and try to destroy yourself, you feel terrible. Challenging and defeating the inner critic is essential to well-being. That starts with identifying how you learned to be hard on yourself, and healing those past wounds. The lessons from *Wizard of Oz* are to be yourself, trust in your lovability and relationships, and to battle the mean thoughts flying around your mind that only make you feel bad about yourself. When you accept yourself as you are, the qualities you like as well as those you're working on will get you where you want to go in life. ■

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