

Secure Yourself

MAY 2020
MENTALLY
SECURED EDITION

**NEED HELP WITH CALMING
THOSE
NERVES?**

CHECK OUT OUR TOP
5 RECOMMENDED
MENTAL SECURITY
APPS

**EASE YOUR MIND
WITH OUR FEEL GOOD
PLAYLIST**

~~MENTAL~~
to
HEALTH

**JAMES
HARRIS**

**THE MILLENIAL BLACK
MENTAL HEALTH
ENTHUSIAST**



SECURED SOCIETY

SECURE YOURSELF FIRST
THEN SECURE THE BAG

Secure Yourself

Editor-in-chief Davida Roach

Creative Assistant	Shayla Williams
Executive Content Producer	Neisha Rogers
Production Director	Johneri'o Scott
Entrepreneur's Legal Director	Brianna Singletary
Self Care Specialist	Brittany Harriot
Art Curator	Chuck Canvas

EDITORIAL OFFICE

Based in Atlanta, GA

www.DavidasDiary.com

TABLE OF CONTENTS

Secure Yourself

Editor's Note	04
Black Men Empowerment Chat	05
The Cure In Secured	08
4 Stats About Black Wealth	09



Nonprofit of The Month	10
Entrepreneur's Legal Corner	11
Fashion Inspiration	13
Meet Our Art Curator + Artist of The Month	16



James Harris Exclusive Interview	19
3 Ways To Cope With Workplace Stress	24
5 Top Recommended Mental Security Apps	26
Mental Security Poem	28
Feel Good Playlist	29
Ads	30
David's Diary	37
Call To Action Challenge	38

Editor's Note

Wassup Secured Society! As a "Quarantine Hero" empowering my supporters is what I live for. As a Wellness Influencer, I'm not the source, I'm just the plug connecting you to valuable experts in each field of security. In April, we hosted our "Securintine Spirit Week" which was so enegaging that I just might do it again.



If you follow me on Instagram, then you probably have noticed the Spirit Week Instagram live interviews I hosted. During this, I featured some AMAZING entrepreneurs to break down their insights on what it means to be secured spiritually, emotionally, physically, mentally, financially and sexually. This was my first time going live back to back and I'm humbled by the support I recieved from my followers. Y'all know I'm the hostess with the mostest (I was in a chef jacket on Tuesday cooking tacos, extra af right?), and I was asking alllll the right questions that I knew would benefit my community. It was so fun, that I think I'll do another one soon (if I have time)! This month, I decided to focus the issue on black mental health because it's a topic that isn't talked about much until the problems occur (which is too late for some). As a past law enforcement officer, I saw PLENTY of black men incarcerated and having trouble coping with the stressors that stemmed from it. Some were freed one week and returning the next week and this is an ongoing issue in our community and I hope we can cause a shift in this epidemic so that black love and black excellence can thrive in the way it should!

DAVIDA ROACH
Editor-in-Chief

Black Men Empowerment Chat

FT. JEREMY HARRIOT



Meet Jeremy, he's a Digital Media Specialist, concentrating in e-Learning and videography. In his spare time, he writes movie reviews, songs, ad copy and edit video and he's a happily married black man.

We had a virtual interview with him on the pressing issues on black men empowerment, See below what he had to say:

Do you think that people overlook or undermine black men empowerment, if so, why?

I think that the empowerment of black men is grossly underemphasized or at least, inaccurately reinforced. In our society we stereotypically tell men that there is a very narrow scope of how to be a man. In that communication we often narrow worth down to potentially harmful messages about worth being strictly tied to Net Worth in the bank, earning power, sexual conquests. Very seldom do we touch on topics of emotional intelligence, personal values, long-term goals and planning. We've in so many cases have forgone the work of being a whole person, in exchange for chasing the appearance of being a successful person.

Statistics show that black women are unlikely to marry, and if so, they are more likely to have marital instability. What can we do, or even what can black men do to change that statistic?

I think our past dealing with slavery, Jim Crow and segregation has left us with bad habits and broken families. In so many cases I talk to friends and I realize that as hard as we struggle, we're simply trying to outrun generation trauma and curses without the proper emotional, spiritual and financial assets to truly wage the war for our future. In a lot of ways I think we're all in the same barrel stepping all over each other to get to a place of perceived security but since we often have different definitions of security and different motives and inspiration to get there we end up in conflict with one another.

I believe that not all men are created the same, and that there are different types of black men. Like the mama's boy, the manipulator, the player, the broken, the one who's afraid of commitment, etc. what do you think are the different types of black men?

In one way or another, all of these are traits of men that exist and in what you list I think there is often overlap in behaviors or motivations. Even if I were to list other types of black men, if we're not using the same qualities to define each type, we can end up with so much overlap in some areas and so far apart in defining these types in other areas.

More specifically I try to identify the traits at play in any given scenario.

So for instance, I would say, "A man with issues of manipulation will do XYZ in this situation, while a man who exhibits a fear of commitment will probably exhibit tendencies of ABC..." Once we start using broad terms to indicate a whole subset of behaviors, especially without clearly defining them from the outset, we set ourselves up to misunderstand a lot as well as devaluing them because of the connotation of these terms. That by no means should indicate that these issues don't need to be dealt with, but reducing someone to their most visible flaw devalues them and in one way or another can blind us from their ability to grow and improve.

Do you agree that black men don't cheat? If not, what are the types that do?

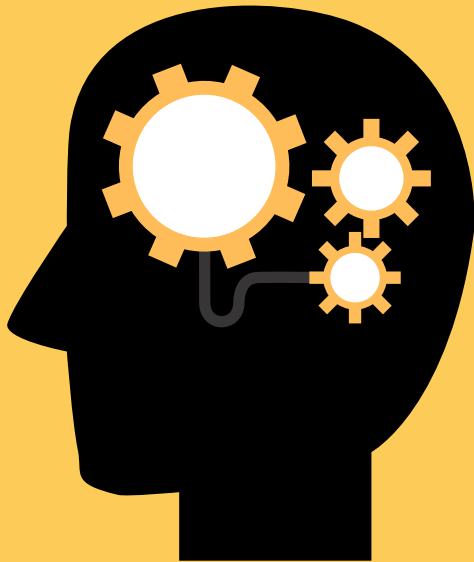
REAL Black MEN don't cheat, males who are black have been known to cheat. A real man, in a committed relationship, who understands that relationships are the building block to our community, society and world, value those bonds...would not betray that commitment.

You know that with my group, Secured Society, we work to put the cure in secured so that black men and women can be secured mentally, physically, emotionally, financially, sexually and spiritually. My question to you is which level of security needs the most attention for black men, as far as professional help and empowerment. You can pick more than one, but I want you to share why.

I would say that the mental/emotional security is the most important. Physicality, finances, sex and to some extent spirituality are all in certain ways moldable and at the mercy of your emotional and mental stability. I've been told that Money doesn't change you, it just gives you more options and opportunities to be who you are. I'd say it's the same with sex, 500 people could offer you sex, but if you don't have it in you to cheat, you would stay committed to the one person that you've decided to be with. So I would prioritize the emotional and mental insecurities and damage that we receive, often at a young age over some of the others, not that any of them are not important.

If you could say one thing to encourage black women who have been wronged by black men in the past numerous times (like myself), so that they don't give up on black men (which I'm not), what would you say?

I would say that Black men are not a monolith. Just like you are not like every woman (black, brown or otherwise), neither is any specific Black man that you meet. Take every individual for just that, a person with their own set of values, experiences and perspective to offer. One of my favorite sayings is, to a hammer, every problem looks like a nail. That is to say, if you don't take each experience and in this case person for who they are, then you're more likely to get a similar result out of every encounter.



The Focus of Security For This Month:

M e n t a l

"Are you mentally secure or unsecured?"

Unsecured

- You "get out of character" constantly
- You are always in and out of relationships with no time to heal
- You avoid counseling because you are afraid of the stigma attached
- You suppress your emotions
- You surround yourself with toxic
- You have considered suicide multiple times
- You have a problem with telling people no without feeling guilty
- You avoid time for self care

Secured

- You express your emotions
- You make time to heal after a breakup
- You see a mental health professional regularly
- You acknowledge your emotions, address and communicate them
- You have a healthy support system
- You only think of positive thoughts and think before you act and speak
- You engage in activities that serve you and avoid ones that don't
- Self care is in your daily routine

Check The Stats For Lack of Black Mental Security

Instead of seeking professional help for conditions such as depression and anxiety, many in the community resort to self-medication (drugs, opioids, alcohol, etc.) or isolation in an attempt to solve their problems on their own. This issue of masking pain is especially prevalent amongst black men.

-NAMI.org (2018)

Black boys between the ages of 5 to 12 are committing suicide at higher rates than any other racial or ethnic group.

-NBCNews.com (2019)

The death rate from suicide for African American men was more than four times greater than for African American women, in 2017.

-Minorityhealth.hhs.org (2019)

Approximately 30% of African American adults with mental illness receive treatment each year, compared to the U.S. average of 43%.

-NAMI.org (2019)

Black/African Americans living below poverty are three times more likely to report serious psychological distress than those living above poverty.

-MHNational.org

NONPROFIT OF THE MONTH

DEAR DEANNDRRA INC.



DEAR DEANNDRRA INC.

"Dear Deandra Inc. was created with a purpose to spread awareness of domestic violence through empowering fundraiser and safety prevention events. We acknowledge that the best form of prevention is through women empowerment.

Support us at www.DearDeandraInc.org

IG @DearDeandra

THE ENTREPRENEUR'S LEGAL CORNER



* protect & pivot

HOW A "DBA" CAN HELP YOU TAKE YOUR
BUSINESS TO THE NEXT LEVEL



Brought to you by Brianna Bugatti LLC.
Follow on Insta @BriannaBugattiLLC | www.BriannaBugatti.com

"So what's all DBA stuff about..."

BY BRIANNA SINGLETARY, ESQ.
ENTREPRENEURIAL LEGAL DIRECTOR

What is a DBA?

"DBA" stands for "Doing Business As." Where you may have a registered business name, this is a new name you may want to operate under that is not its own business entity. Using a DBA and can take in payments, brand and market to the masses, and represent yourself under the name. It is also called a trade name, assumed name or "fictitious" business name.

How do I get one?

Depending on your state, you may have to file either in your county or with your state and the fee will vary. The great news is that any type of business entity can file for a DBA, whether you are a sole proprietorship, partnership, limited liability company, or corporation, a DBA may be something you want to acquire.

Why do I want one?

The million dollar question - WHY?! For a sole proprietorships and general partnerships, no filing with the state is needed to do business - simply sell your items alone, or sell your item with a partner and split the profits - that's it! So when you don't want all of your business in the streets (your government name listed whenever you do business), a DBA can be a source of protection. Here's an example: Instead of Stallion Meg signing a contract, it can be Stallion Meg, doing business as "Stallion's Horse Farm".

Will it help me pivot?

Let's say you already have a corporation or limited liability company that's separate from your name, you can use a DBA as a way to pivot your business. If your corporation or LLC is known for selling Christmas trees but you want to pivot into making athletic sneakers, instead of creating a new business entity you may want to create a DBA. Richie's Christmas Tree Company doing business as Richie's Athletics can sell shoes without confusing new customers.

Remember there are pro's and con's to any business decision so be sure to do your own thorough research before deciding if a DBA is right for you!

The tips above do not create a client-attorney relationship.

Black Owned FASHION

JUST BECAUSE YOU'RE AT THE HOUSE WITH NO PLACE TO GO EXCEPT THE GROCERY STORES, DOESN'T MEAN YOU CAN'T BE STYLISH! THEREFORE, WE DECIDED TO FEATURE "LOUNGE FASHION" TO INSPIRE YOU THIS MONTH, CURATED BY DESIGNERS WE FOUND ON INSTAGRAM.

OH AND BY THE WAY, ALL DESIGNERS IN THIS MAGAZINE ARE BLACK OWNED BUSINESSES (YOU'RE WELCOME).

Black Women Fashion

powered by The Loaf Brand



Believe it or not, we are still in the middle of a pandemic and it's hard to show any of the clothes in our closet any love when there's nowhere to go!

The Loaf Brand is the perfect place to get our quarantine fits and faith in order. The designer, Facia Johnson, reminds us that, through spirituality and faith-based apparel, there's a silver lining soon to come on the horizon.

Check out theloafbrand.com and see how classic fashion can transform you from a *worrier* to a *warrior* in these times of crisis.



(Model shown: @theloafbrand)

Black Men Fashion

powered by Caliber X



Caliber X is a ready-to-wear apparel collection specifically curated for the millennial professional.

Their mission is to create high-end fashion pieces best fit for the new age young adult.

**See more at
@caliberxco**

(Model shown Brett Puryear)

Meet Our Art Curator

CHUCK OF CANVAS 55.50 ARTS
ART CONSULTANT, CURATOR,
DEALER

Chuck's duty in the Secure Yourself Magazine is to highlight a black artist monthly to celebrate and admire their masterpieces. Chuch is a young black professional who specializes in dope artwork. You can check out his artists and riveting artwork on his website:
www.canvas550.com

Featured Artist of The Month

CHRISTOPHER KINSEY

When asked about Christopher Kinsey:

"A promising young artist who's work I dare to compare to photographer great Wolfgang Tillmans. Finding complexity in simplicity; having a way of taking the smallest things or moments that we often take for granted or just over look entirely and turning them in to an everlasting tool of optimism. Artwork that brings you to an immediate halt; ceasing all of your worries or cares for a moment."

-Chuck, Art Curator

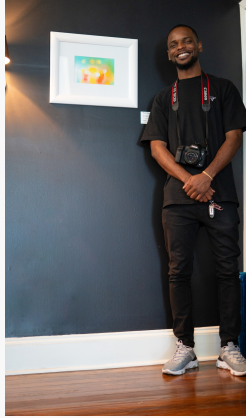
About his work & inspiration behind his creations:

"I don't have much to say because I don't know what really to say. Never been big on the talking to be honest...what I will say is that my name is Christopher Kinsey. I'm not a photographer I'm an Artist. I take photos to go join the true life that I know is out there for me. A smooth getaway.

For me when I look through my viewfinder I feel and see love, space, warmth, realism with the abstract, and when.....



captured I feel hope and this tiny burst of joy from head to toe with my head held high. It's the simple things that keeps me going if we keeping it a buck. All these things are how I want to feel and ultimately that's how I want a stranger or friend to view me as a human being...not that I really care on how a person view me, however it's always great to have a positive impression or impact on someone life, so why not you feel me. Love make the world go around. As you look and stare at these photos I then hope you are able to create off the feelings I have built with. Thank you. Like frfr thank you. :) 😊"



**CHRISTOPHER
KINSEY**

@COLORADOBOX

**(123) 456 7890
WWW.REALLYGREATSITE.COM**



"It is important for men to express themselves often to not build it all up and then explode when they hit a breaking point."



Meet Our Man of The Month

James Harris

James Harris, the millennial "black therapist" who's also a veteran, speaker and multiple business owner. He's also who has a mission to empower boys and men who are challenged with expressing themselves in healthy ways and to gain accountability in all areas of life.

James is a licensed Mental Health Professional and holds a Master's Degree in Clinical Mental Health Counseling. In 2018, he created Men To Heal, a movement to bring awareness to the stigma surrounding mental health among black men and undeserved populations.

Exclusive Interview with James on mental health

I had the pleasure of asking him a few questions about black mental health. Let's see what he had to say...

Q. You did a word play on Mental Health, that's really dope! Where did the name come Men to Heal come from?

A. My last quarter of grad school we had an assignment to identify a population that we'd like to work with upon completion of our degree. One of my classmates chose LGBTQIA, one picked veterans and another picked sex workers and so on. I chose men and the lack of attention to their overall health. As I was entering the workforce at a predominately women owned practice Avail Outpatient, I introduce the idea of having something for men as they do for women. The owner thought it was a great idea and I began to plan.

I was stuck at a train, sitting in the car (Tesla) so I began to doodle on the screen and the logo with word play was born. Then a few weeks later I conducted my first seminar and named the movement Men to Heal.



Q. The other day you posted about how Kirk Franklin revealed that he opened up about depression and anxiety, and you mentioned that we can have God and a therapist. Can you explain why having a therapist is beneficial for those who are spiritually secured?

A. For as long as I can remember, I have heard people including my own family mention the terms "pray it away." I don't disagree to anyone's faith but I believe it is necessary sometimes to have outside counsel. God created therapist and is giving you a way to connect to more than one method of healing. There is nothing wrong with adding to your spiritual journey with the assistance of another professional.



Q. Do you think that if children experienced therapy at young ages, that bullying would decrease?

A. I'm not sure that research support that bullying will decrease but I do know some research support that confidence will increase and resilience will assist in tough situations. Many factors contribute to bullying on both ends, the victim and the victor. The dynamics would have to be explored to know the true answer but therapy will be a tool to be able to establish self-esteem a confidence to ease the tension of bullying. It's the people without therapy that have been bullied and it had no affect on them. It's the people with therapy and still had an adverse reaction, so I depend on the person and their personal ability to deal with bullying and the situations surrounding it.

Q. Why is it important for men to express their emotions just as important as it is for women?

A. Yes, I definitely think its healthy for both men and women to express themselves with healthy emotions and as a way of effectively communication. As of now, based on many studies, men tend to express themselves

with anger or aggressive behaviors or poor strategies. Women tend to be easier with expressing themselves such as journaling, spa days and friends. It is important for men to express themselves often to not build it all up and then explode when they hit a breaking point. Society also has to reduce the stigma and equating vulnerability with weakness or being "soft" if one is willing to express himself.

Q. Why is mental health overlooked in the African American community?

A. In my opinion it's a few reasons including lack of access and availability, lack of funding, trauma is normalized and it becomes a part of the norm after a while. Then on a mass level, the previous studies or harsh events that happened to African Americans years ago with experimental trials or studies. We also have to remember when the older generation would say "what goes on in this house, stays in this house." Many still live by that and don't realize that there is actual help out there.

In other cases, it has something to do with representation within the field. I am always called *a unicorn!* Not only am I a male therapist, I am African American which in some reasons are a rarity. The rapport and cohesiveness can potentially be obtained faster with someone who looks like you or have a level of cultural competence. All of the things I mentioned factor in to the lack of an African American person not seeking treatment. I am sure there are many more but off top, those come to mind.

Q.You have a book that's an interactive planner for men, why is it important to organize our mental health?

A. Yes, in this book there are activities on trauma, feelings, manhood, resentment, displacement and many more topic and exercises. It is important to not only plan but to set and obtain goals and learn affirmations among other things. This journal will allow a young man to complete it who's let's say age 10, then in five years when he is 15, he can gage his growth or see areas where he still needs to improve. Husbands whom have issues communicating with their partners can complete this book and then give it to their partners and they can exchange dialogue on different topics opening areas to discuss change.

Q. You know how they saw, "be his peace"? How can we become better at being our own peace?

A. It's a suggestive thing, peace to me may not be peace to you. I think one must reach a level of self-knowledge and a place to where they are happy. That happiness can be something that they enjoy and can look themselves in the mirror for.

When one increases the knowledge and power of self, they tend to be more flexible with situations, less stress and drama. This can be done through mindfulness, yoga, deep breathing and time for self. A better healthy, whole version of you is not only good for you, but for those around you like family, friends and coworkers.

Most times, we project what our income and expenses are and fail to hold ourselves accountable to an actual plan. Taking some time to analyze where you are, what money you have coming in, what money you have going out and what type of resources are available to you, is a sure way to get a complete understanding of your financial situation and build a financial plan from there.

Q. Do you think that if African Americans paid more attention to their mental wealth, there would be less violence in our communities?

Not sure, but I would say that one would have more tools on ways to handle situations or know how to avoid certain things. Violence is also based on the need of the person or their circumstances. Addressing one's needs are beneficial in many aspects. Your mental health can be amazing but if you don't know where your next meal is coming from, then taking a chance on an illegal act doesn't look that bad.

Q. When you became a therapist, did your family start coming to you about their personal problems? How did it make you feel?

In many cases, I was always the rock or the one to come to for advice. I tend to be a straight shooter and hold people accountable regardless of how uncomfortable it may be. As a therapist now, I tend to limit it to family and friends but would be direct if it's an important issue. They don't look to me for mental health services thankfully, but for a rational honest answer, they sometimes ask or request ways to process certain situations.

Q. Can you tell us about a time where you were at your lowest moment that made you realize you needed to get into the mental health profession?

A. Well, I was a ward of the state, I emancipated myself at 16. Being a ward of the state in group homes and foster care, therapy was mandatory weekly. It wasn't a good experience and I was not able to obtain all the benefits of therapy due to the culture barriers of the therapist at that time. I was a young kid from the projects in Richmond and my therapist was an old white guy. *Nope, I'll pass.*

Then as I started my military career, something similar transpired. I had two deployments, one to Iraq and one to Afghanistan. My fellow veterans and I who was able to seek therapy saw what I had seen all those years back, someone unrelated to the combat experience hosting groups or individual therapy. I found it easier and more welcoming to process with a veteran rather than at that time, an old white lady who was working from a book that was torn to pieces. From then, I just knew I didn't want others to avoid therapy based on those experiences. So I decided I would ensure that I service the people who looked like me on many fronts and cultures. Not just African Americans, not just males, not just veterans, but everyone who has been disenfranchised.



Q. Lastly, name two people who you follow that our audience should follow on IG to gain more mental health tips.

It wouldn't be fair to answer this question because someone may feel left out, I would much rather keep the peace.

If they must have someone, then they can go to my page **@men_to_heal** and see who I often tag or receive contributions from. I took the easy way out!

You can also purchase my book at **www.mentoheal.com.**

#SelfCare

BLACK MENTAL HEALTH MATTERS


THREE WAYS TO COPE WITH WORKPLACE STRESS



Written by Brittany
Harriot, Self Care
Specialist

Connect with Me!

 @hellobrittanyharriot

 Brittany Harriot - The Lifestyle Blog

 www.brittanyharriot.com

1.

Get Therapy



Therapy is step towards becoming a better version of yourself. Therapy is healthy, and a safe space for you to work with a licensed professional to resolve problematic behaviors, communicate your feelings, and improve your relationships. It's a great idea for your mental health and there are affordable in-person and online options everywhere. My favorite outlet to use are the websites TherapyForBlackGirls.com and TherapyForBlackMen.com. Both of these resources offer a podcast, and the option to search for black therapists right in your area.

2.

Join a Gym



The number one reason we all join a gym is to get physically healthy, right? However, joining a gym is also a great investment for your mental health as well. My suggestion would be to join an exercise class that makes you forget about all the drama in the workplace as soon as you start. This could be boxing, Zumba, or even yoga, which is also just not for white people. Exercising also keeps negative self-talk out of your routine and promotes healthy habits down the line.

3.

Keep Connections



It is vital to keep your close friends, well, close. Those relationships are in your life so you can have people that understand you and what you're going through. But what if your friends really don't understand your issues? What if you don't even have "super" close friends? That's where networking comes in, joining a church, or even keeping a journal of your day-to-day thoughts. What I'm trying to say is, if your work environment is driving you crazy, it's time to put your heart in something that brings you peace.



Mental Security

KAYLA THOMPkins

We are taking this pandemic one day at a time.

As every day brings on a rush of new feelings, they are affecting us in traumatic ways.

We rounded up five apps that can help you acknowledge those feelings and find healthy ways to organize them.

All Apps are available on Android and Apple devices.

Please do not use apps for a replacement for medical attention; they are supplements to assist your mindful journey.

5 Apps to Download for Mental Security

#1. Sanvello



Daily tracking and journaling allows you to build a custom self-care toolkit. New perspectives await you within the judgment-free community groups.

Find the new strength in you with as Sanvello provides **free premium access** due to COVID-19.

#3. Rise Up & Recover



Rise Up and Recover is a gentle helper with mood and meal trackers that help connect your emotions, behaviors, and meals.

As you identify eating triggers, you can plot on a plan to overcome eating disorders.

#2. Happify



Happify helps uplift your mood with games, activities, and meditations. When you reduce stress, you can build resilience to outside opposition.

Conquer your negative thoughts while confidently adopting new coping mechanisms.

#5. TalkSpace



Talkspace provides open channels to a licensed therapist for convenient unlimited messaging and video chats with your therapist.

Amongst COVID-19, they have also created a free Facebook Support Group to answer questions during these uncertain times.

#4. nOCD



nOCD is designed specifically for people suffering from OCD. A world crisis may amplify the symptoms of OCD.

With this powerful app, you can reach for the hope and healthiness you deserve.

Through self-help practices, live face to face sessions and community groups, you can find comfort in knowing you are not alone.

Empowerment Poem of The Month

"STILL"

The fire still burns but the candle light ain't shining like it used to. Wondering, if I should even try lighting up this world again?

We've entered an interesting time. The clock ticks, but time feels still.

As I wake and bake my fears into the atmosphere, I find my hands sweeping the air as the pillow grips my hair the way I wish he would.

My body feels out of touch from missing the touch of someone who cares.

**My voice has a different flow and I'm beginning to wonder who's there?
Love takes on a different meaning when you're alone. And so does success.**

And what's being successful mean anyway?

Is it finding the moment in time to stand still? To feel the new rhythm the Earth is giving us?

Or, to wake up, and to get up, and to conquer our fears that we tucked away?

**I am still here, but this moment of my life has now been redefined.
And what a story I will tell.**

**Khadijah Dennis
Visionary of Life Through Art
Media See My World at www.khadijahdennis.com
Phone: 803-730-9788
IG: @lifethroughart**

FEEL GOOD PLAYLIST

Curated by Kayla T

AVAILABLE ON APPLE MUSIC

Search for "Secure Yourself Vibes"



NO LETTING GO

TINIE TEMPAH

NO MORE DRAMA (REMIX)

MARY J. BLIGE FT P DIDDY

DON'T YOU WORRY

KELLY ROWLAND

NO TIME FOR IT

FANTASIA

ON MY WAY

TYREEZY

WHAT YOU DID

MAHALIA FT ELLA MAI

MY POWER

BEYONCE & TIERRA WHACK

CLASSIFIED ADS

Black Owned Businesses
(support them without
asking for a discount)

**Want to feature
your brand in our
next issue?**

CHECK OUT OUR "MAGAZINE AD" TAB
ON WWW.DAVIDASDIARY.COM



J.H.W. ENTERPRISES

PROPERTY MANAGEMENT

J.H.W. Enterprises, Property Management commits to serving our Investors and Residents. We guarantee full transparency to all of our customers, ensuring a comprehensive, optimized R.O.I on your asset. Our management style assures us that there is No Property too BIG and No Property Too FAR for J.H.W. Enterprises to acquire. Call us today for free consultations on your Multi-Family or Single Family assets.

Founder & CEO Jaymes McCloud

www.jhwenterprise.com

843-925-9753

Need Video?

FREED MINDS PRODUCTIONS



Neisha Rogers

Owner, CEO

Telling your story, in *REEL* time

Freed Minds is a multimedia company that provides video, writing, and media services to Companies who need to increase the quality and level of exposure to their brand(s) or event. We specialize in storytelling with a cinematic touch.



- Business Promos
- Corporate Events
- Live coverage
- Show treatments
- and more!*

Visit www.freedmindsproductions.com
for your **FREE** consultation today!



IG: freedminds_productions



The Hair Bakery Boutique specializes in custom wigs.

Check out our NEW FLAWLESS lace collection and quality hair bundles! Plus, download our FREE e-book, The Wig Guide to learn about wigs before you purchase.

Use code SECURED for \$30 off each wig!



GEORGIA WHIRL PRODUCTIONS, LLC

PRESENTS

"THE WORD"

A NEW TALK SHOW

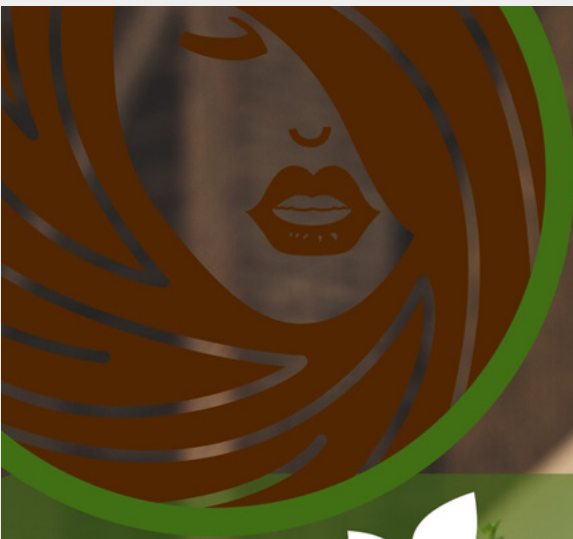
SEASON ONE 2020 | JUNE -NOVEMBER

COMCAST CHANNEL 29
&

REACHING 50 MILLION VIEWERS ONLINE

GO TO WWW.GEORGIAWHIRLPRODUCTIONS.COM FOR MORE INFORMATION

FOLLOW US ON IG @GA_WHIRL & FACEBOOK @GAWHIRL



GEORGIA WHIRL PRODUCTIONS

- *Boosts Hair Elasticity
- *Softens
- *Protects Against Damage
- *Prevents Breakage
- *Packed with essential proteins, inositol, amino acids, & water soluble vitamins
- *Revitalizes your natural hair color

WHIRL CURLS

NATURAL HAIR GROWTH SYSTEM

WEEK ONE: TREATMENT
WHIRL CURLS TREATMENT
PREMIXED AND READY TO USE

•WC SHAMPOO

•WC DEEP CONDITIONER

WEEK TWO & THREE: MAINTENANCE

•14 DAY SUPPLY OF PREMIXED
BI-WEEKLY SPRAY. JUST ADD WATER. MAY BE USED UP TO 7 DAYS.

BONUS FEATURES: PROTECT

•ORGANICALLY GROWN STEAM DISTILLED ESSENTIAL OIL



Order Today!  

www.georgiawhirlproductions.com

Home grown & home made in USA

BEKA Trucking Services



Hey Secured Society! As the owner and CEO of BEKA Trucking. I find and dispatch loads for owner operators and handle the back office paperwork for them, so they can focus on the road. I look for the fleet for the trucks and charge a percentage 8% of what the load is paying. Since COVID, I dropped the percentage to 4%, since the loads are not really paying much since the pandemic. Feel free to contact me if you have any questions!

KerryAnn Cunningham

CEO

(954)857-4583

kerryann@bekatrucking.info

**BEKA Trucking
Services**

Dispatching Services

11555 Heron Bay Blvd

Suite 200

Coral Springs, FL 33076



A top-down view of a desk with a white keyboard, a gold pen, and a lined notebook. The text 'Dear Diary,' is written in a large, black, cursive font across the center of the image.

Dear Diary,

APRIL 28, 2020

Today was fulfilling. I talked to God and He talked back. This past week, I was able to host my own special guests Instagram live interviews with amazing people who discussed what it meant to be secured in their level of expertise, and I am THANKFUL at the love and support I received from my followers daily. I figured that if I couldn't host in person interviews, which is something I always wanted to do, I figured I could do it virtually and luckily, I got a good response. Even though it was fun and something I looked forward to everyday, including the getting dressed part, at the end, I was drained.

I did live interviews from my personal brand page, and then my beauty brand page, which I did not expect to be so much work. Granted, I had fun, and I'm sure my viewers did too, I definitely have to prepare better next time. Let me tell you how tired I was...on my second to last day of interviews, I forgot to write the questions and had 20 minutes to come up with them, THEN on that same interview, I logged in at 5:30pm, when the interview was at 6 (smh), I literally was like "dannnnng well where is everyone!" Then on my most engaging interview, I went live from the wrong IG account and people were calling to see where I was (another smh moment). But now that everything has settled down, it's time for self-care and a protection of my peace which is necessary.

But anyways, goodnight, I have 5 wig orders to process tomorrow, wish me luck!

CALL TO ACTION CHALLENGE

Since this month is about mental security, we want you to engage in activities that serve you. This month, we challenge you to write a Quarantine Bucket List of things you never did. Grab a pen and paper, and write down on one side "During COVID-19" and on the other side, "After COVID-19" and for each category we provide, write down at least **3** activities.

Self Care:

It could be a new face mask, a floral bath, or even alone time.

Recipe:

If you're a carnivore, try a vegetarian meal, or vegan. Be bold!

With Friends:

Try a new DIY project with your friends while at home. Plan to get an Airbnb for a weekend and relax.

Romance:

Whether you're in a relationship, or not, try something fun. Romance could be treating yourself to a nice dinner.