



Kirby Farrell

Law Enforcement

Kirby Farrell's passions revolve deeply around motherhood, female empowerment, self-care, community activism, and travel. Motherhood is her priority, enjoying the time she spends with her son. They love basketball and can often be found on the court shooting hoops.

Promoting Self-Care Is Central to Women's Empowerment

Kirby is also about helping empower women in several ways, including promoting self-care, body positivity, exercise, and health and wellness. She believes that when women are equipped to take a central role in their

health, they can decide what's best for them. They gain choices and autonomy.

Unfortunately, women often don't prioritize self-care, are too busy caring for others, or need access to the information and services they need. She makes it her mission to help women, particularly young women in her community, take charge of their health. Increasing health literacy can help mobilize communities and improve women's agency to take charge of their health.

Kirby Farrell Practices What She Shares

Self-care involves several things, many of which Kirby has adopted in her own life. It is about caring for one's physical, mental, emotional, and spiritual well-being, ensuring one takes the time to rest and enjoy oneself. It also means looking after one's well-being and creating a good work/life balance.

In her daily life, some of Kirby's self-care practices include taking the time to walk, breathing in fresh air, enjoying the sun, eating healthy, working out, and ensuring she attends her annual health checkups. Kirby loves to read, allowing her to 'travel' somewhere new, set off her imagination, learn about different people and situations, and self-reflect. Reading is also a great way to relieve stress as you become immersed in the book.

She enjoys trying new foods, learning about other cultures' culinary delights, and taking classes to expand her knowledge.

Kirby also realizes how important it is to tap into your emotional side, talk to others, and share your feelings, whether to laugh or cry. She meets up with friends and family often.

Of course, volunteer work is part of her self-care practices. Helping those in need feeds her spiritual side, which is to do right by others.

Body Positivity Matters

Body image concerns are common among women, especially young girls, with many feeling unhappy with one or more aspects of their appearance. Social media plays a big part in influencing social norms and appearance standards, such as the idealization of the "thin ideal," which hurts how women feel about their appearance.

Kirby Farrell, Florida, wants to change this perception so that women feel good about themselves and more confident, which impacts critical aspects of one's life, such as work and relationships. She promotes the acceptance and representation of bodies of all shapes and sizes and advocates for individuals to love their bodies and feel confident in their skin. Kirby believes that body positivity is about embracing your body as it is and seeing it as beautiful, which empowers women. A positive body image builds self-esteem and better mental and physical health.

Kirby Says Get to Know You

"Latisha" Kirby also firmly believes in self-awareness and a good sense of self. Self-aware individuals can recognize their emotions, from anger to sadness and anxiety, and regulate them. They are conscious of their feelings, motives, and desires. They can also identify triggers, which Kirby feels helps one better plan how to react next time and make more responsible decisions regarding behavior and emotions.

For Kirby, self-awareness enables empathy with others, which is equally important. You can step in someone's shoes and look at things from their perspective, which helps to resolve conflicts and build positive relationships.

Kirby Farrell, Florida, shares these insights with young women to help them navigate today's complicated world.

The Travel Bug

Kirby loves to travel, allowing her to meet new people and experience other customs, cultures, art, faiths, and foods. She gets to expand her knowledge and open her mind, with every destination a different learning experience.

Traveling allows Kirby to reflect on her life, to let her mind wander, and to take stock. She feels that traveling is one of the best ways to learn more about yourself. It's also a way to get out of your comfort zone and do activities that challenge you or a time to relax and rejuvenate all critical parts of self-care.

When traveling, Kirby can explore and experience beautiful places throughout the United States and the world, from bustling cities to the countryside, seaside, and mountain ranges. Kirby says nothing compares to seeing a new place for the first time.