

# Angela Ficken, LICSW Receives The Strategist Award

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/EINPresswire.com/ -- [Angela Ficken](#), LICSW, has been recognized with The Strategist Award by EMG Publishing for her outstanding achievements in the [mental health](#) field, mainly through her groundbreaking platform, WorriedtoWellBalanced.com. This prestigious award highlights Ficken's dedication to creating a transformative and accessible space that supports mental health and wellness, setting a new standard in the industry.

WorriedtoWellBalanced.com is not just a collection of tools and resources but a comprehensive platform that has become a resource for individuals seeking to improve their mental health. By focusing on accessibility and practicality, Ficken has developed a unique approach to mental wellness that resonates with a diverse audience. Her platform provides users with various strategies, including mindfulness practices, therapeutic exercises, and practical tips for managing stress and anxiety, all designed to help people take control of their mental health.

Ficken's commitment to building a supportive environment where everyone feels safe and encouraged to share experiences has helped to destigmatize mental health issues and promote healing. WorriedtoWellBalanced.com offers a space where people can connect, learn, and grow together, building a sense of belonging and support.

EMG Publishing's The Strategist Award is given to individuals and companies demonstrating exceptional leadership and innovation in their respective fields. Ficken's work with Worried to Well-Balanced exemplifies these qualities, as she has developed a platform that provides valuable resources and spearheaded a movement that prioritizes mental well-being. Her approach combines evidence-based strategies with a deep understanding of the human experience, offering a holistic approach to mental health that is practical and compassionate.



Angela Ficken 2024

Ficken's platform stands out for its unique combination of accessible therapy, mindfulness practices, and actionable strategies for coping with life's challenges. Through her [innovative](#) use of technology and her empathetic approach, she has made mental health resources more accessible to those who may not have had them otherwise. Her work has empowered individuals to move from a state of worry and stress to one of balance and wellness.

In accepting The Strategist Award, Ficken expressed gratitude for the recognition and emphasized her continued commitment to mental health advocacy. "I am honored to receive this award from EMG Publishing. My goal has always been to make mental health resources accessible and relatable, helping individuals find strength and resilience within themselves.

WorriedtoWellBalanced.com is about more than just managing anxiety or stress; it's about creating a community where we all feel valued and supported," said Ficken.

The award also underscores WorriedtoWellBalanced.com impact on the mental health community. With an increasing number of people turning to the platform for guidance, it has become a critical resource for those seeking to improve their mental health in a meaningful and sustainable way. The platform's success is a testament to Ficken's vision and ability to address a pressing need with empathy and innovation.

As Ficken continues to expand WorriedtoWellBalanced.com, she remains focused on providing high-quality, accessible mental health resources. Her work is about offering solutions and creating a movement that celebrates mental health and well-being as integral parts of life. The Strategist Award from EMG Publishing is a fitting recognition of her efforts to build a better world where mental health is prioritized and celebrated.

For more information about Ficken and the WorriedtoWellBalanced.com platform, please visit



Angela Ficken, LICSW



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