Mobile haircuts tackle mental health starting at the top.

YouTube show Good Morning Sunshine brushes up on the topic of hair inequity with David Rodriguez of ClipDart.

Phoenix, Arizona — Mental and behavioral health focused show *Good Morning Sunshine* interviews David Rodriguez of ClipDart focusing on hair inequity. A facet of positive mental health is liking the person you see in the mirror. One way to do that is with a flattering haircut.

“ClipDart is all about improving mental wellness via mobile barbers and stylists,” according to Chief Strategy Officer David Rodriguez.

One of the most significant ways getting a haircut can benefit mental health is by boosting confidence and self-esteem. When we feel good about our appearance, we are more likely to feel good about ourselves in general.

Additionally, getting a haircut can provide a sense of control and a break from daily stressors. Taking the time to focus on ourselves, even for just a short period, can help us feel refreshed and rejuvenated. This can be especially important for those who may be struggling with anxiety or depression.

Finally, visiting a barber or hair stylist can provide an opportunity for social interaction and connection. Building relationships and having positive interactions with others can have a significant impact on mental health and well-being.

This episode is Inspired by Molina Healthcare. Molina strives to put a spotlight on its providers who are making a difference in our underserved communities.

Watch the interview on the Inspired Media 360 YouTube channel and look for the Good Morning Sunshine playlist to find the correct episode. www.youtube.com/@inspiredmedia360

ClipDart: ClipDart makes a positive impact on the mental wellness of communities through haircare, while revolutionizing the hair industry & common view of hair professionals' essentialness.

Good Morning Sunshine: Hosted by Emmy winners Brandon Lee and Carey Pena, Good Morning Sunshine provides an honest discussion focusing on mental health, and wellbeing. Good Morning Sunshine is filmed at the Center for Positive Media and produced by Inspired Media 360.

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