

Life Mantra by Samantha : Learning to Let Go

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After over 15 years defining South Indian cinema with her talent and perseverance, Samantha Ruth Prabhu is embarking on a new, intentional chapter—one guided by wellness, purpose, and freedom. In an exclusive interview with *Grazia India*, Samantha reflects on letting go of rigidity, confronting burnout, and choosing authenticity over ambition. Here's an in-depth look at her inspiring evolution:

A New Anchor: Health Before Hustle

Samantha opens up about learning the importance of not controlling everything. Prioritizing sleep, diet, and mental health isn't optional anymore—it's foundational. She reflects, "I'm stricter than I used to be about sleep, food, and mental health... It's a simpler life now, and I'm grateful because I get to lead an uncomplicated life."

Her healing depends on daily routines—consistent practices that transcend mood or exhaustion. "Wherever I may be, however tired I am, I go through these routines because in the long run, this is what's helped me heal," she says. [APN News](#)

From Overwhelmed to Intentional

For years, Samantha was known to juggle multiple projects at once—up to five films simultaneously. But that pace is over. "I no longer shoot five films at a time," she confesses, acknowledging the toll it took and how listening to her body helped shift her priorities. [PINKVILLAIIndia Today](#)

Now, everything she takes on reflects her heart and vision—whether it's acting, producing, or her wellness ventures. "Now, every business I invest in, every film I produce, all have my heart," she shares, stressing that quality has replaced quantity in her career ethos.

The Power of Authenticity

Samantha acknowledges the double-edged nature of public platforms. Social media brings both praise and trolling. Her solution? "I try to keep it as real as possible... take breaks... keep a safe distance... If you accept praise, you also have to accept the trolling." Yet she also credits social media for connecting her to mentors who "improved the quality of her life tremendously."

In discarding perfection, she discovered her power. "As a girl, you're always told your limitations... But with every obstacle and show of resilience, I realized much of what we've been taught is untrue... Don't operate from fear."

From Actor to Producer: Creating Change

Samantha's production house, Tralala Moving Pictures, marks her move from performer to creator. Her debut film, *Subham*, released earlier this year, is proof that she no longer takes projects lightly. She reflected to IANS that "fear has

long been eclipsed by passion and purpose... I believe I've gained the insight needed to be sure of the stories I want to tell."

Wellness as Lifeline

Beyond film, Samantha's advocacy for holistic wellness shines. Her podcast **Take 20**, conversations with health experts, and ventures into wellness entrepreneurship illustrate a commitment to healing—not just herself, but others too. "You will find purpose in the things that bother you," she shares—a guiding mantra that steers both her path and empathy.

A Message for Women

Samantha stands for more than her roles—her journey speaks volumes. She emphasizes, "Success, for me, is waking up with the freedom to do what you are passionate about... It's about wearing multiple hats and doing it well." Through production, equitable policies, and representation, she aims to dismantle stereotypes and champion authentic female leadership.

Reflecting Back, Stepping Forward

Her recent projects—*Citadel: Honey Bunny*, her cameo in *Subham*, and upcoming *Rakt Brahmand: The Bloody Kingdom*—serve as creative signposts in this evolving journey. But more importantly, they signal that Samantha is finally working on her own terms. "Everything I do now matters more," she affirms. "Nothing is for the heck of it."

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