

Prioritize Your Health

Speaker 1: I texted my group chat to ask them how they're prioritizing their health. Here's what they said: sports, tasty snacks, self-reflection, checking in on my mental state, sleep, going to the mall and talking with friends, drinking water, organizing my stuff, going to church, and walking my dog. Yes. These things all help low steam, create calm, and make you feel stronger and more balanced so that you can take on the tough stuff. All right, now it's your turn. How do you prioritize your health? Let me know in the comments.