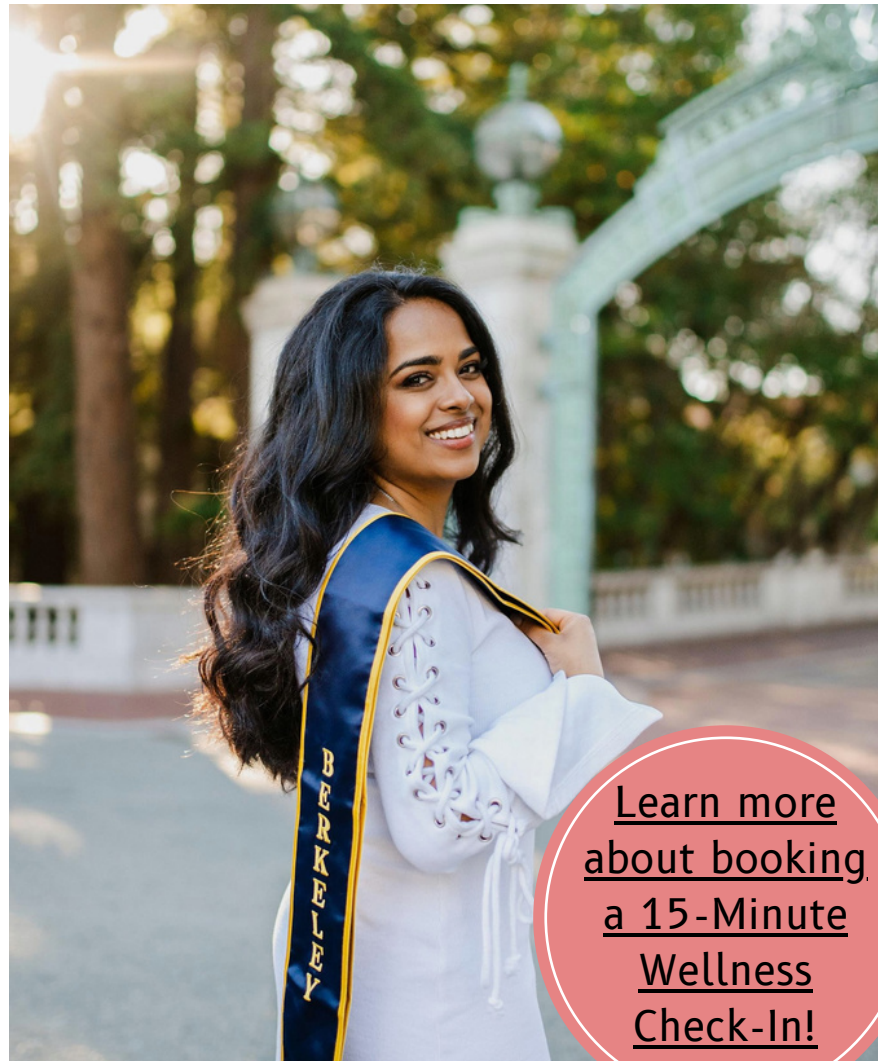


# ARTHI B.

## WELLNESS STORY

M1 | JANUARY ISSUE | 2024



[Learn more about booking a 15-Minute Wellness Check-In!](#)

### **"I DECIDED TO DO THE WELLNESS CHECK-INS...**

because I wanted to be more intentional about taking care of my mental health. I have a habit of deprioritizing my mental and physical health when life gets hectic and there are a lot of competing priorities in medical school.

During my wellness session, one of my goals was to be more consistent with going to the gym. I planned how I was going to integrate increased physical activity into my weekly routine which helped make my goals more tangible and achievable. I tried to block out time to go to the gym during my day, workout with friends, and go to workout classes to make the experience more fun for myself! Having a three-month follow-up visit with Tiffany helped me stay accountable.

Staying active is important to me because it helps me with my mental health. Overall, I am very happy that I chose to prioritize my self-care by going to the wellness check-ins and setting positive goals for myself. I would definitely recommend taking 15 minutes out of your schedule to attend the wellness check-ins to help you stay on track with your wellness goals!"

