

SAMRA B.

WELLNESS STORY

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Book a
confidential,
15-minute
wellness check-
in today.

"AFTER DISCUSSING DIFFERENT ASPECTS OF MY LIFE, I REALIZED I COULD MAKE A SIGNIFICANT IMPACT SIMPLY BY MEAL-PREPPING TWICE A WEEK. SEEING HOW EASILY I ATTAINED THIS GOAL ENCOURAGED ME TO SET OTHER SMALL GOALS."

"Whenever I have an excruciatingly long to-do list, my first instinct is usually to skip wellness. This is especially true for meal prepping. By my second semester of medical school, I was frequently buying meals, which also meant I was spending more on options that are often less healthy than homemade ones. When I noticed this pattern, along with other issues related to constantly putting off self-care, I decided to schedule a wellness check-in.

I found the meeting incredibly helpful; it felt like I had a personal ally rooting for my well-being! After discussing different aspects of my life, I realized I could make a significant impact simply by meal-prepping twice a week. We broke down the problem and explored strategies to help, such as blocking off time in my schedule and identifying affordable grocery options. I used these resources, and by the time I had my second check-in a few months later, aside from a few hiccups (give yourself grace!), I was consistently meeting this goal.

It didn't stop there. Seeing how easily I attained this goal encouraged me to set other small goals like waking up earlier. I love that these regular meetings keep me accountable. I really can't recommend the 15-minute wellness check ins enough. You won't regret it!"

