

# Healthy Mind, Healthy Body – Q&A

- **Q: I feel guilty when I take time for myself, taking walks, etc. I have 3 daughters and feel like I should spend all my time with them?**
- **A: It's not uncommon to feel guilty about taking time away from your family for a little "me" time. Remember, part of a healthy mind and healthy body is prioritizing self-care. You will be able to better take care of your family if you take care of yourself, too.**
  
- **Q: I started my own gratitude journal where I write down things I'm thankful for or that went well that day, but when I go back to read in times of distress, I get MORE distressed and think wow that was something stupid that I was thankful for?! So I'm criticizing what I was grateful for the other day, any advice?**
- **A: The purpose of a gratitude journal to cultivate a healthy mind and a healthy body is to get you to focus on the positives during your day, even if they are small. It helps us, especially on days where so little seems to be going right, to get our minds back into a positive space. It's good you can be grateful for the smallest things—there is no right or wrong to your gratitude journal.**
  
- **Q: How does one become better at being positive when there has been so much negativity in their life for a long period of time?**
- **A: Being more positive is a practice, so start small! We discussed a lot of ways to reshape your mind into a more positive space so pick one idea and start there. Make changes slowly!**