

Show notes episode 013

THE BEE HIGH ON LIFE PODCAST with Queen Bee, Kelly Renee' Baker

Episode 013 - Your Physical health and self-care, its more important than you think.

Summary - Your physical health and self-care are very very important. However, we sadly push this care to the side and say we will focus on it later. Then later arrives and you have gained weight, you are exhausted, not properly nourished and running on fumes. Taking care of your physical health is a MUST, especially if you want to be healthy enough to take care of others. If you struggle with physical pain it is important to manage it properly and seek medical attention.

Topics/timestamp

:09 - Proper physical health

5:00 - Learning to deal with physical pain

9:50 - It is important to seek help from a physician, especially for mental health issues and illness.

14:40 - What you should do to take the best possible care of you and your physical health.

JOIN THE PHYSICAL SELF-CARE challenge here -  
<https://www.facebook.com/groups/beehighonlife>

Resources:

[kellyreenebaker.com](http://kellyreenebaker.com)

<https://www.facebook.com/groups/KellysChampionsVIP>

Episode transcript:

<https://www.kellyreenebaker.com/single-project>

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