

# Physical injury heals quicker with healthy habits

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The body is a fragile temple that deserves to be treated with kindness. Whenever I am hurt, I look within for the remedies to repair myself. I ensure that my habits and daily routines support my health.

## **Each part of my body is in sync with the others.**

Exercise is an important part of my life. Whenever my effort towards achieving fitness goals results in physical pain, I pull back immediately. **Taking care of my body means knowing when to work and when to rest.**

Sometimes pain is a sign of tiredness. Recognizing that gives me the consciousness to renew myself. Massages give my muscles the relaxation that they deserve.

When I commit to seven hours of sleep each night, I am able to restore my body. Although I feel good after a few nights, I maintain the regimen for the long-term. Consistency is the key to maintaining optimal physical health.

Proper nutrition feeds my cells with healing nutrients. Maintaining a healthy diet expedites the recovery process. **I heal from the inside out.**

Mental engagement strengthens my mind and helps me heal. I believe that positive energy makes its way through each part of my body.

Today, I acknowledge how important my physical wellness is to me and I am careful with what I expose myself to. Healing is a quick process because I maintain healthy habits.

## **Self-Reflection Questions:**

1. What are some healthy habits that I maintain each day?
2. How important is it to rely on professional experts for injury rehabilitation?
3. How do I know when it is time to revamp my diet?