



21st CENTURY WOMEN'S ENTREPRENEURSHIP & LEADERSHIP

ANNUAL CONFERENCE

APRIL 21-22, 2023 | CROWNE PLAZA MADRID AIRPORT, MADRID

Self-care is still being treated as an afterthought instead of a priority. Proper self-care is not only entwined with healthcare, it should be treated as the foundation of it. Healthcare is the prevention and treatment of illnesses and chronic conditions. Self-care is any and every deliberate and intentional action that someone takes to maintain their health. It reminds individuals that they are not bystanders in their own health optimization. It empowers them to take care of their overall health and well-being, from the physical, mental, and emotional to the social, spiritual, and financial aspects of health. By practicing self-care, the individual is not just “doing something nice” for themselves. They are checking in with themselves regularly, mind, body, and spirit so that they can know when something is “off kilter.” The individual becomes the first responder in their own health. For this to happen, self-care must be mindful and active. When self-care is prioritized, the health of the individual will be optimized. This discussion offers tips on how to move self-care from the back to the front burner of your life and health journey.

Biography

Dr. Judy Wright is a medical director, author and speaker on health and wellness. A family physician with 20 years of experience, she is a big advocate of overall individual self-health management and the effect it can have on the community's health. Dr. Wright has seen firsthand how this includes regular, basic self-care practice that may not be medically based, but is beneficial to overall quality of life, well beyond the health benefits. Currently, she is the co-Host of the Queens on Call podcast - a platform where 3 Black women from the clinical space discuss various medical conditions in a comprehensive and down-to-earth manner, common sense ways to understand and navigate the current healthcare system, and the importance of self-advocacy in the healthcare space. She is also the co-author of “Self-Care is not a Mani- Pedi.” Dr. Wright lives with her husband and 2 children. She loves to travel, as well as to create through cooking and DIY projects.

SELF-CARE = HEALTHCARE: YOU DO NOT HAVE THE LUXURY TO PUT YOURSELF ON THE BACK BURNER

Dr. Judy Wright

Co- Host, The Queens on Call podcast, USA