

Mental Health COMES FIRST

All eyes have been on Simone Biles since the Tokyo Olympics sprung into action. Historically, this attention has been because of Biles' world renowned skills as one of the best gymnasts to come out of the USA, but this year it's because of her decision to put her mental health first and withdraw from competing in multiple Olympic events. Speaking on her decision, Biles said:

"We have to protect our minds and our bodies and not just go out and do what the world wants us to do."



What can we learn from Biles' brave, empowering and important decision to put her mental health first? **Mental health is just as important as physical health! No matter what pressure you're under, you have the power and the right to do what's best for you and your health; anyone who tries to make you feel guilty for prioritising your health, does not have your best interests in mind.**