



Name	Mary Guinee
Age	27
Hometown	Topsfield, Massachusetts
Zodiac sign	libra
Hobbies	running, drawing, painting, gardening, hiking, trying new adventures, or spending time outside with my family
I deal with stress by...	maintaining a healthy diet, processing through things during a workout, writing "to-do" lists, and talking through things with a person I trust.
I prevent stress by...	eating healthy and regularly, working out regularly, and only controlling the things I can control.
What I think about nutrition:	I think nutrition is so important to mental and physical health but that you have to keep the balance and let yourself have treats when you want them.
What I think about exercise:	Exercise is a great way to connect your physical and mental health. When I work out regularly I feel more energetic and positive and better overall. I also feel more in control.
Most favorite exercise:	running, spinning, skiing, and hiking
Least favorite exercise:	weight lifting

I focus on my mental health by:	getting enough sleep, focusing on the things in my control, and trying to let go of the things that aren't.
A fun fact about me is....	I used to be a construction manager.