**The 2016 Oregon Health Insight Annual Quality Conference**

2016 oregon health insight annual quality conference

One of the successful events that I attended two years ago was the [2016 Oregon Health Insight Annual Quality Conference](http://ovarian.org/connect/find-a-local-chapter/long-island-new-york/programs). There are many reasons why I consider the said event as one of my top favorites. I have to say that the learning and experiences I had during the conference changed my mindset about health care.

As of the moment, I am proud to say that I have become a responsible individual when it comes to taking good care of my health. I want to share my journey with you. However, I would like to focus on the top things that you have to remember when it comes to making your health and wellness as the number one priority in your life. Below are the top ways to take good care of your health:

**Have A Balanced Diet**

Learn to be conscious of the food that you take in every meal. As much as possible, avoid unhealthy food choices so that you will not suffer from adverse health conditions. Remember those poor decisions can lead to serious medical problems.

**Watch Your Stress Levels**

Never allow anyone or anything to bring out the worst in you. Be smart enough to be mindful about the level of stress and anxiety in your life. Once you notice that you have become too exhausted and stressed, the right thing to do is to rest or take a break. Learn how to recover from anything that makes you feel down.

**Be With The Right People**

You may not believe it, but the truth is that the people you surround yourself with affect the way you see things. If you spend more quality time with your loved ones, it can improve your health because you will be constantly happy.

Keep in mind that the things mentioned above are not exclusive. There are still other healthy options that you have to consider.