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Peg Hall Opens Up about Self Care During the COVID-19 Pandemic

Spencer Fane attorney [Peg Donahue Hall](#) recently published an article in the *Texas Lawyer* discussing her routine to establish self-care during the COVID-19 pandemic.

Titled "Running from the Virus" Peg explained the ways she's used running as a stress release, and how the COVID-19 pandemic gave her a new outlook on the hobby.

While running has been a passion for Peg in the past, trying to adhere to social distancing guidelines made it difficult. "Despite the negative voices in my head, day after day I forced myself to lace up my shoes and head out for a run, seeking new and less-trodden routes," Peg explained in the article. "And with each run, I felt myself slowly crawling out of the pit I had fallen into."

To read the full article, please click [here](#). Please note, a subscription may be required.