

Sarah Hyland of “Modern Family” Promotes Self-Care

Sarah Hyland shared a selfie from her hospital bed on her Instagram story about her recent health scare.

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In June, in observance of National Selfie Day, Modern Family star Sarah Hyland posted a selfie on Instagram from her hospital bed that revealed her extremely swollen face. The caption read: “So here is my face that was torn from work against my will. But I’m very grateful it was. Health should always come first. #stayhealthymyfriends.”

This isn’t the first time Hyland has taken to social media to address her health issues. In 2017, she addressed rumors that she was suffering from anorexia via Twitter, explaining that her weight loss at the time was related to her health. Such frankness has endeared her even more to her fans, as it has shown that just like every other human being, she has issues and works hard to find time to take care of herself.

Hyland has been open with her fans for years about her health conditions, most notably [kidney dysplasia](#), with which she has contended since birth. Essentially, because her kidneys did not fully develop in utero, fluid-filled sacs (cysts) grow in place of normal tissue. A kidney transplant in 2012 helped somewhat, but she still experiences health scares related to her condition.

Hyland’s prioritization of her health is an excellent example of the importance of self-care—especially when suffering from chronic conditions. In March, she took almost eight weeks off from work to recuperate.

Although not everyone is able to take eight weeks off from work to attend to their personal health, it’s important to listen to your body and balance work and self-care as best you can. Your life might depend on it.