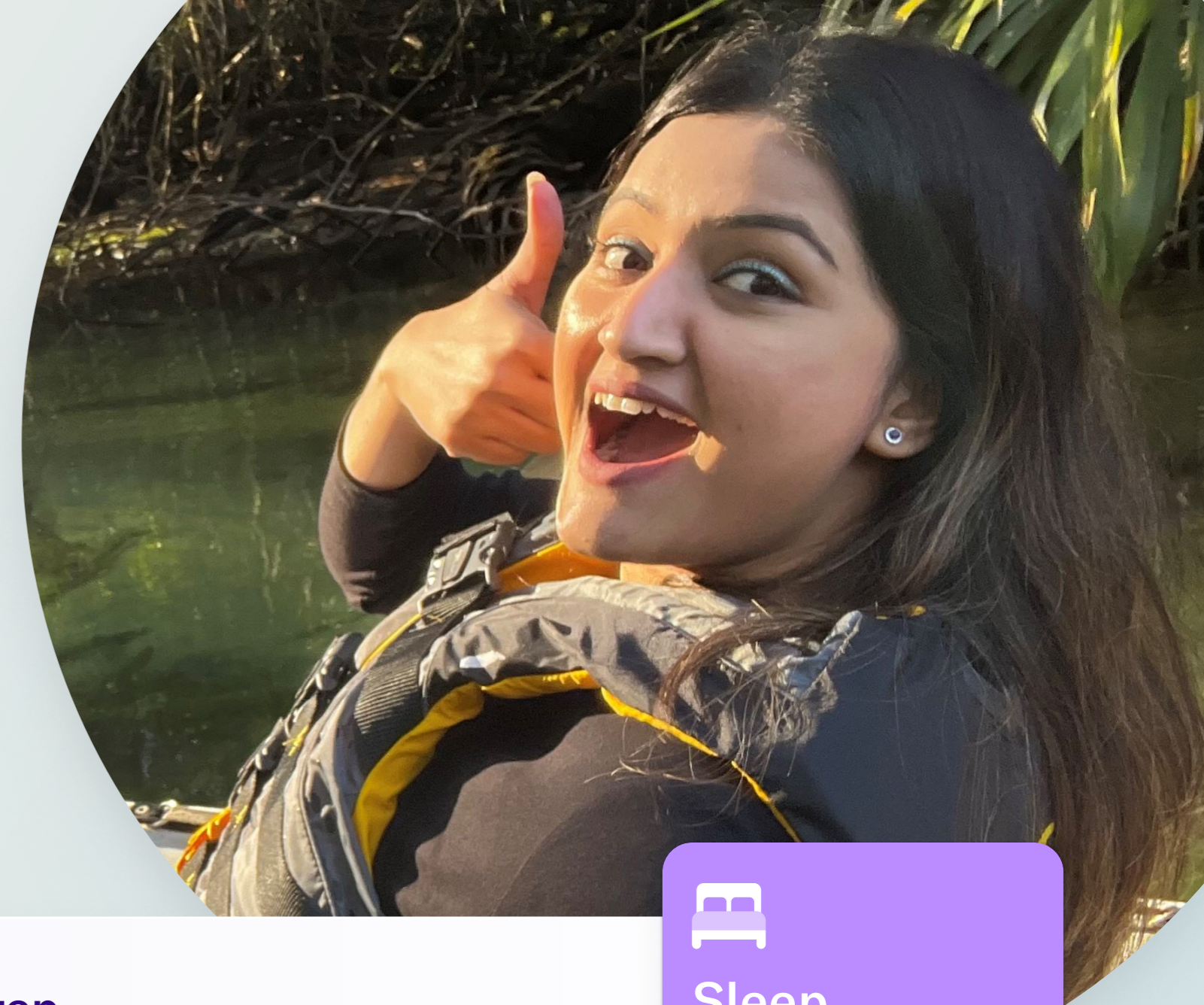




\$5,000 WINNER

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 Sleep



## Microstep

Setting a bedtime reminder 30 minutes before sleep to wind down



## Outcome

“ I’m waking up less during the night, which has helped me feel better in the morning.”

In 2022, I was in college in Florida and my boyfriend and I were mugged at an ATM. It was very traumatic and it left a lasting impact on me, causing months of distress and anxiety. Although I eventually relocated to California, I recently moved back to the same town in Florida where the robbery occurred, and it triggered a resurgence of my trauma. I found myself losing sleep, feeling paranoid, and lacking energy during the day. I hit a point where I just felt helpless. I would show up at work in the morning feeling exhausted and out of it and knew I needed to regain control of my life. That’s when a colleague introduced me to the Thrive Challenge.

### I was sick of coming to work feeling sleep-deprived.

I knew I needed to get more sleep, so I started with a Sleep Microstep: setting a bedtime reminder 30 minutes before sleep to wind down. After the traumatic incident happened, I found myself attached to my phone. In my mind, I felt like I needed it on me at all times in case I needed immediate assistance through speed dial.. It’s taken me time, but I’ve finally built up the confidence to calm my nerves, set my phone aside, and trust that I’ll be OK without it for a bit while I prepare for bed.

### Those 45 minutes became my time to relax.

Slowly, I began to fill the space with things that helped me recharge, like decluttering my room, lighting candles, meditating, and doing some box breathing. These rituals have become really healing for me. I initially went to therapy after the incident, and now I’ve learned that doing small things to relax, like playing music and taking a good shower before bed, can be really therapeutic.

### For the first time in a while, I’ve been waking up with energy.

Now that I’m taking time to set myself up for a restful night’s sleep, I’m waking up less during the night, which has helped me feel better in the morning. I even find myself putting my phone away for periods of time during the day, which I could never do before. It’s allowed me to connect with the world around me and notice the nature around me. I find solace and relaxation in spending time outdoors, away from the distractions of technology. I live in a suburb, and on my way to work, there is a farmhouse where some animals gather and sniff a fresh haystack. I find it very cute and wholesome.

### Thrive has taught me the importance of seeking out small moments of joy throughout the day.

There are a bunch of kids in my apartment complex who play outside and I love noticing how children play irrespective of the weather, resources, or bruises. Their giggles and their laughter bring me so much joy. They’re all different races and genders, but they just know how to find joy, and that’s what they bring me.

### I’m slowly breaking free of my trauma.

It has become much easier for me to go out alone and it does not trigger my fear like it once did. I’m able to put away my phone at night and calm down before bed without feeling anxious to go to sleep. And now that my sleep is better, I am feeling more refreshed when I get to work in the morning. I even find little moments throughout the day to lay on a yoga mat, watch a Thrive Reset, or take a mindful walk to collect my thoughts. I’m slowly taking care of myself again and living with joy, and I’m grateful for that.