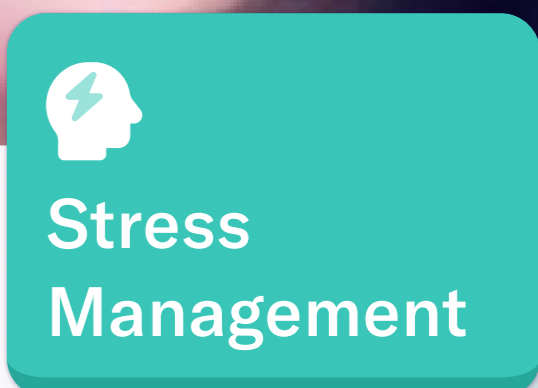
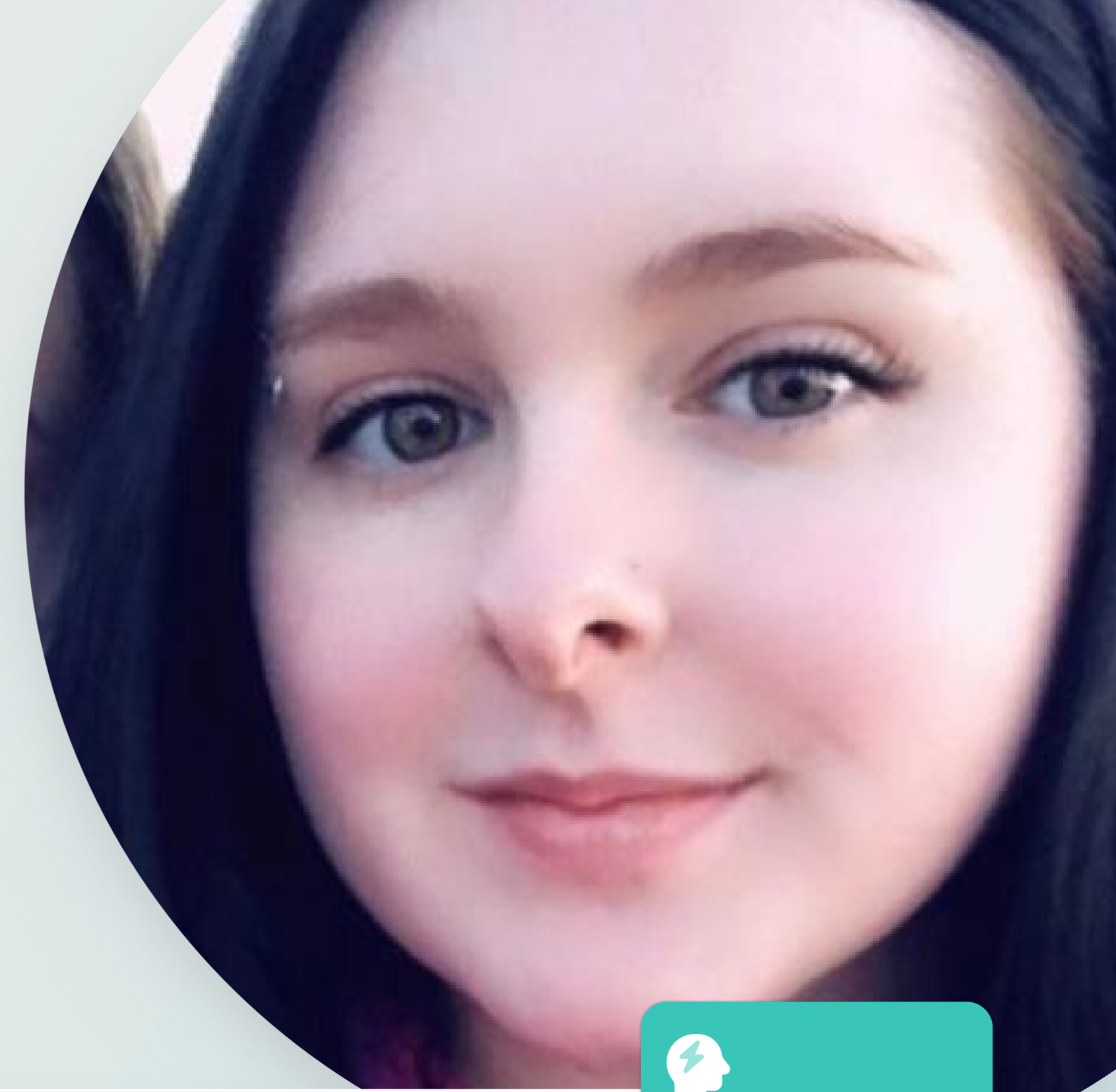




\$5,000 WINNER

Christina Morrison

Supercenter #1178
North Sydney, NS



Microstep

Going for a quick walk, or taking a minute just to breathe.



Outcome

"I'm managing my stress better and I feel more positive."

I recently graduated from nursing school and I am so excited to be starting a career that is all about helping members of our community and promoting healthy living. It's always been a dream of mine. At the same time, I feel the stress of my future and my financial situation weighing on me. I've recently started getting nervous about the next steps and entering this field that is so new to me.

I knew I needed to find ways to handle my stress, which is why I started the Thrive Challenge. I was instantly drawn to the Microstep "Choose a go-to strategy that works for you in moments of overwhelm." It made me start thinking about the little things that calm me down, like going for a quick walk, or taking a minute just to breathe. While I was finishing school the last couple months and going for job interviews, this Microstep really saved me. I would get overwhelmed in the moment and instead of freaking out, I'd watch a Thrive Reset or get outside.

I've actually discovered that I love going on walks. I used to have to force myself to get moving, but I started planning ahead on where I wanted to walk, and set a goal like a certain distance, time, or amount of steps. That made it so much easier to stick to. My sister and I also like to swim together and we set a goal to swim once or twice a week. It's been a great way to spend quality time with her while we're both being active.

Today, I'm finally giving myself time to reflect and relax. I've been so stressed for so long about getting through nursing school that I really haven't had time to take care of myself. But now, I'm making time to exercise during the day, drinking more water, reaching for healthier snack options, and unwinding at the end of the day. Before bed, I try to make an effort to remind myself that I did my best and I can't control everything. I watch a Thrive Reset and breathe, which leaves me feeling relaxed. I'm finally arming myself with tools that can help me during stressful times, and that's exactly what I've needed.