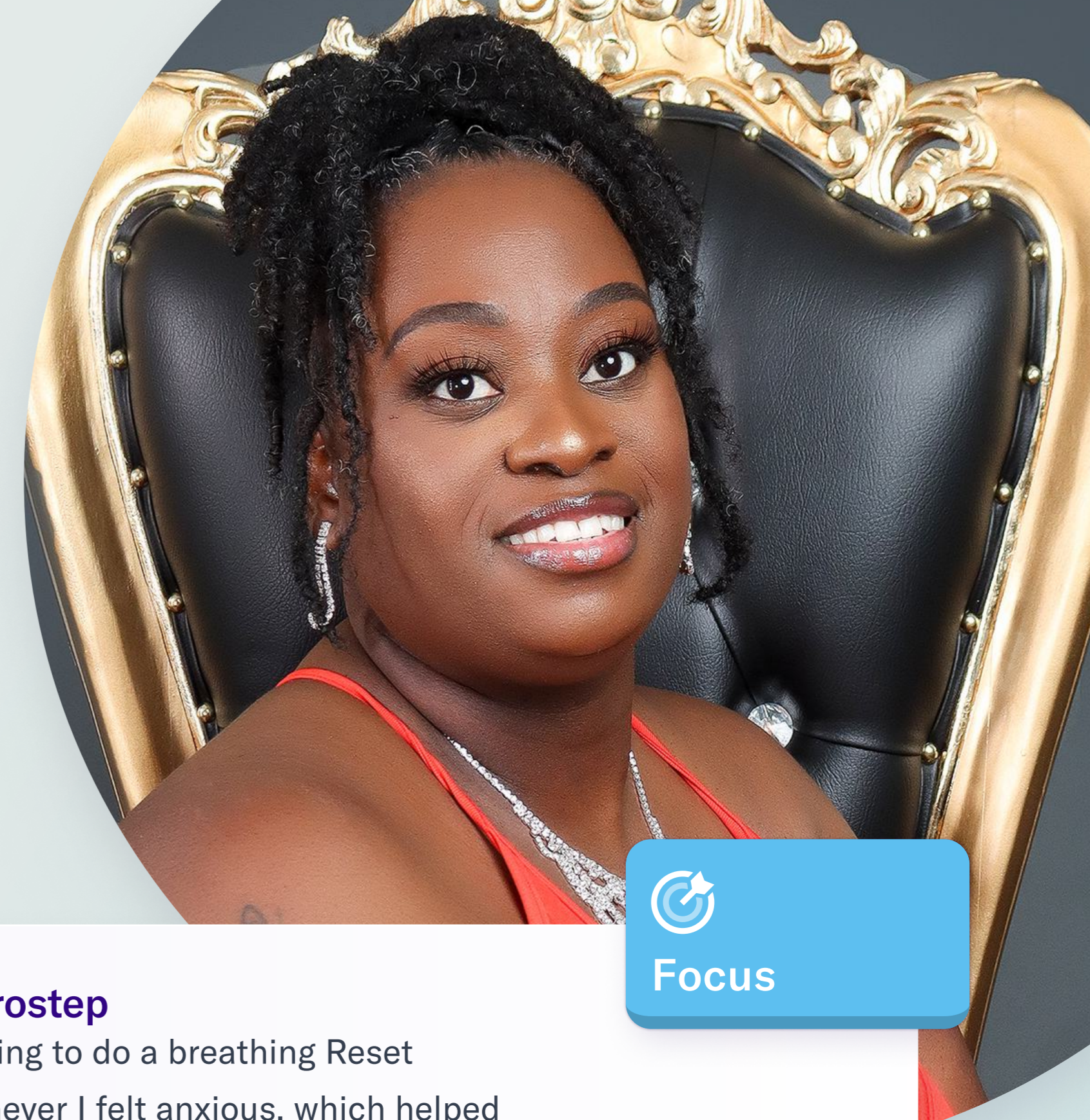


\$5,000 WINNER

Dana Waters

Distribution Center #6014
Laurens, SC



Microstep



Pausing to do a breathing Reset whenever I felt anxious, which helped lower my stress levels.



Outcome

“I’m relaxing with my family.”

Over the years I’ve dealt with depression. I found it hard to focus — I’d start things and wouldn’t finish them. I’d get overwhelmed and shut myself in my room instead of spending time with my family. I really wanted to change my lifestyle so I downloaded the Thrive app.

I began by pausing to do a breathing Reset whenever I felt anxious, which helped lower my stress levels. To get organized, I started making a meal plan for the week and writing down household tasks for the whole family to do. My husband, Guy, and I have four children, and they’re helping to keep the house clean.

When I get to work, I calmly read my emails, then I write a list of my priorities. A Microstep I like: doing one thing at a time instead of multitasking. Now, I make sure I complete each project in a timely manner. I feel accomplished at work, and at 44, I’m looking forward to progressing in my career.

At the end of the day, I leave my work behind, which means I can relax. If I get home and the kids haven’t completed every chore, I’m managing to stay calm, and I’ll just ask them to clean up without shouting. I go for a walk before dinner and I meditate at bedtime, which helps me get to sleep.

I’ve found that if things don’t go according to plan I don’t get so upset anymore. For example, at my daughter Avyonah’s high school graduation party, some family members didn’t show up, and the cake we ordered was the wrong color! Decorations were flying away in the wind. Instead of panicking, I had fun and focused on the great time we were all having.

Making sure I have “me time” has become a priority, like listening to gospel music and scheduling fun girls’ nights with my sisters. I’m also making time for yard work; I’ve planted beautiful sunflowers at the front of our house. Doing puzzles and coloring helps me feel less anxious.

Recently, I’ve found I’m more present with my family. We choose a different activity to do every Sunday, like skating, bowling, and movie nights. Instead of buying fast food, we’ll make sandwiches, cut up watermelon and grapes, and go for a picnic in the park. My home is more peaceful and everyone’s happier, including me.