




\$5,000 WINNER

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 Stress Management



Microstep

Write down your goals and priorities on a regular basis, which will help you stay on track and lower stress.



Outcome

"I'm less anxious and more relaxed."

In 2022, my husband, Elijah, got sick, and I thought he wasn't going to make it. We have six children between us and eight grandchildren, and I was very stressed. Miraculously, Elijah pulled through. But then my grandmother passed away at 102, and she was the jewel of our family, the glue that held us together. I had her in my life for 52 years, but the loss was hard. I felt anxious and I had bad migraines. Last year, I was inspired by co-workers to start the Thrive Challenge.

The first thing I did was watch Resets. They help me relax, particularly the ones that encourage you to slowly inhale and exhale. I started a journal to write down my priorities, like being with my family. I realized there are things on my to-do lists that can always wait, like mopping the floor and dusting. I write about what makes me happy, and where I want to be in the next chapter of my life. My goal is to save money so I can retire in 14 years. I'm saving \$230 a week, which is lowering my stress.

I used to do way too much for my family. Now, I know I'm important too, and I'm finding time for things that bring me joy. I'll go to the spa or go for walks with my sister. At home, I love to get up and dance to R&B music, like Mary J. Blige. Often, I'll just slow down and relax on my porch with my husband.

What gives me the most fulfillment is my faith and my church community. It helps me cope with all my challenges. I tithe to the church, volunteer, and connect with friends. We read scriptures together and pray.

Since I've been taking time to relax, I've been having fewer migraines; I'm happier and less anxious. I focus on spending precious time with my grandkids. They're the lights of my life. We go to the park and play frisbee or football; we ride bikes or just play and run around. I think about my grandma a lot, but the grieving is easier. I kept a plant from her funeral, which reminds me of her. I know she's in a better place, and I feel more peaceful.