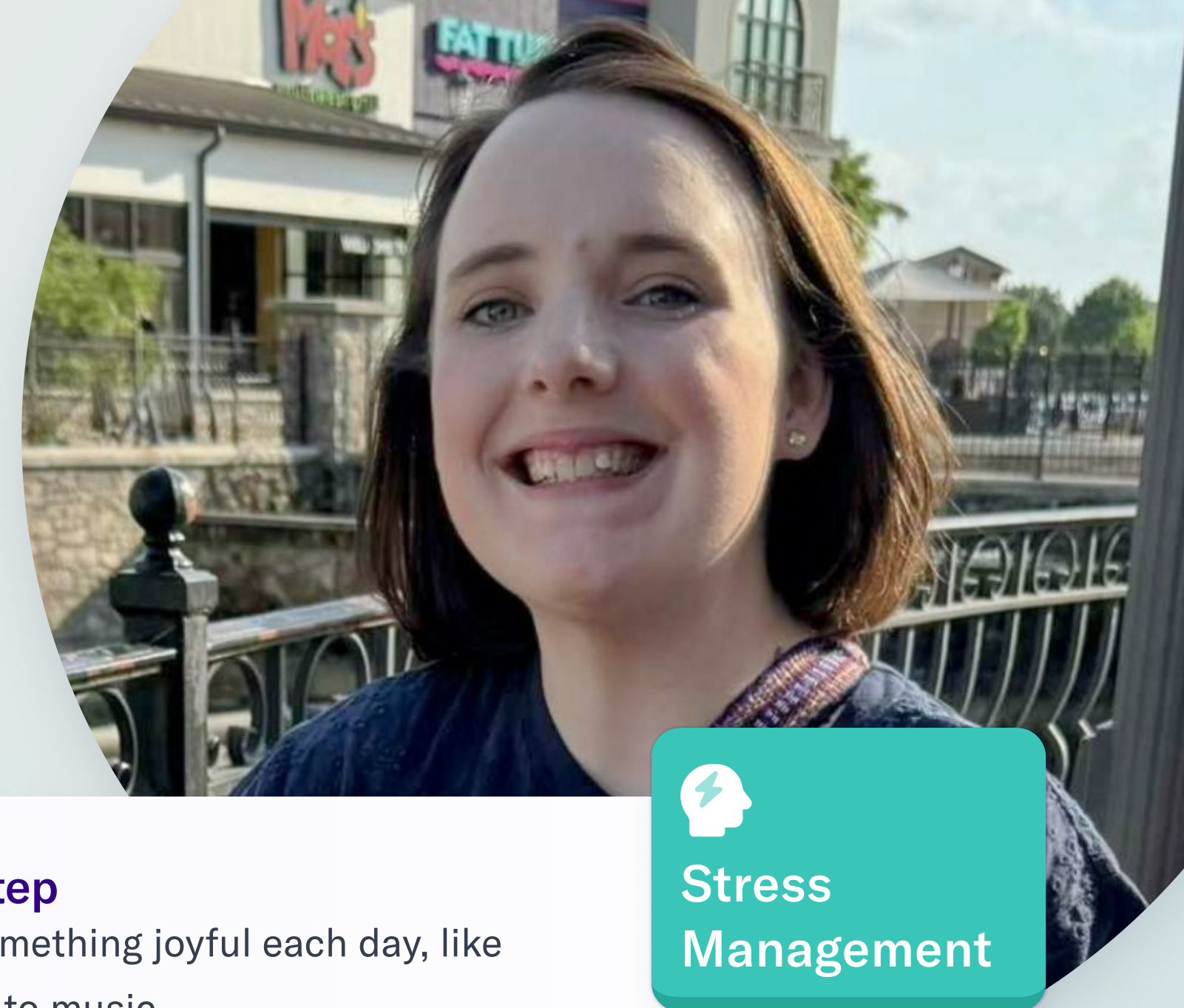




\$5,000 WINNER

# Hannah Crews

Walmart Supercenter #4187  
Florence, AL



Stress  
Management



## Microstep

Doing something joyful each day, like listening to music



## Outcome

“I’m less stressed and more joyful.”

For a long time I had been feeling very stressed and anxious. I was diagnosed with OCD (obsessive-compulsive disorder) and I take medication, which helps. But my doctor also advised me to improve my lifestyle. I’m a housekeeper on the night shift, and I was eating junk food and having sugary drinks all evening. Then when I got home, I couldn’t relax. I started the Thrive Challenge and right away I found Microsteps helped me to feel less stressed. I started to take breaks to breathe and stretch or watch a Thrive nature Reset.

I’m 30, and I live with my brother, Dylan. Recently, Dylan and his fiancée, Katelyn, who both also work at Walmart, decided to join me on the Challenge, and it’s so supportive doing it together.

### Every morning when I get home from work, I play with my dog, Darla.

She’s a rescue and she’s my best friend! Just being with her helps me feel less anxious. She seems to sense how I’m feeling. If I’m down, she’s always there for a cuddle. Moving regularly is great for letting go of my worries, and I take Darla for walks in the park. I love being out in nature with her. I breathe out all my stress. We enjoy the early morning sun and the fresh air. We’ll stop by the lake and look at the turtles and fish. On my days off, we’ll see people fishing, and walking their dogs, and sometimes I’ll stop to chat.

### Eating fresh food with my family helps my mood.

I’ve cut down on sugar and I’m food prepping. I might make grilled chicken, sweet potatoes, and green beans. I love having family dinners when we can all get together. I’ll cook with Dylan and Katelyn, or my little brother Jake will come over and cook. He’s the comedian in the family and makes us all laugh.

### One Microstep I’m taking is doing something joyful each day, like listening to music.

I have a strong faith and worship music is my favorite. I love the bands Casting Crowns and Elevation. Another hobby is shopping in thrift stores. You never know what you’ll come across — I just found a pair of tennis shoes in great condition for \$5. I’m always looking out for cute collectibles from the 80s too, like rare stuffed animals..

### I have more energy to volunteer at church.

Spending time with my spiritual community brings me joy and helps me feel calmer. I take care of the babies in the nursery, and I serve drinks and snacks to teenagers in our youth group on Wednesday night. Everyone is so friendly. I always look forward to Sunday Night Worship; I love all the positive messages. After church a group of us go to a local hamburger restaurant for dinner. I’m more of a listener than a talker, but I’m learning to open up more and share about how I’m feeling.

### Thrive supports me in staying motivated at work.

I take pride in my job. It’s more than just housekeeping to me, and now I have more energy to do everything from cleaning up the store and the break room to cleaning the parking lot. I like everything to look nice and fresh for associates and customers. I’m also setting goals for myself and I’d love to progress and become a cleaning team lead.

### I’m definitely kinder to myself these days.

I keep a gratitude journal and write positive affirmations, like “I am worthy” and “There are good things in my future.” I’m continuing to learn about better ways to take care of myself. I’m more confident and secure, and I feel more positive.