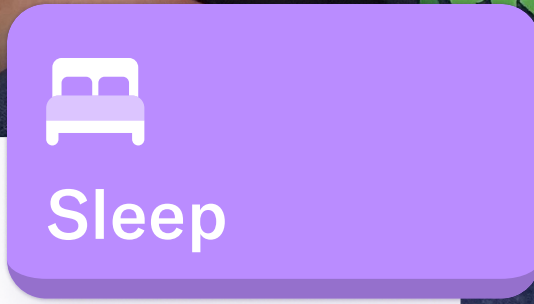




\$5,000 WINNER

# Merritt Craine

Distribution Center #6014  
Laurens, SC



### Microstep

Setting boundaries at work and not thinking I had to do everything myself.



### Outcome

"I have more energy for my wife and baby"

My wife, Nikki, and I are in the process of adopting a 1-year-old baby, Amelia, my biological granddaughter. She's wonderful, but I was stressed and I wasn't sleeping well. I'm studying for my bachelor's degree in logistics management through Walmart and I felt drained. I was drinking four Red Bulls a day. I'm only 38, but I hurt all over and had constant headaches.

I started the Thrive Challenge and began by cutting down on energy drinks and drinking more water. Then I started stretching every morning and taking breathing breaks at work. That helped me focus and feel less tired, and after a while, I didn't even want energy drinks anymore.

Microsteps like setting boundaries at work and not thinking I had to do everything myself made my job less stressful. I've been sharing responsibilities with a new co-manager, so I'm not overwhelmed. Nikki and I are sharing responsibilities at home, like cooking and cleaning, and other relatives help out too.

With more energy, I was motivated to move more. Nikki and I take Amelia for walks around the pond, and I noticed getting fresh air helps me sleep better.

I also established a bedtime routine. I keep my phone out of my bedroom, so I'm not tempted to check messages, and I read to help me wind down. Right now, I'm enjoying the Harry Potter books and I'll read them to Amelia. Even though she's only 1, she loves me reading to her. She'll turn the pages! Then I'll do a calming breathing or massage Reset. We're all in bed by 8 p.m. no matter what. Amelia is sleeping through the night and I'm sleeping for seven hours a night, which is amazing. I wake up feeling well-rested.

At work, I'm friendly and communicative. I'm also doing better in my school work because I'm awake and alert. And at home, I have the energy to play with Amelia without feeling exhausted. We'll have friends over with their kids for baby game nights with blocks and baby Legos. I'm not getting headaches anymore and I feel healthier and happier. One big thing I've learned from Thrive is to ask for support. That's what family and friends are for. Now I know I don't need to take on the world by myself.