



\$5,000 WINNER

Shay Byers

Fulfillment Center #4124
Lebanon, TN



 Stress Management



Microstep

Reaching out for support to manage my stress.



Outcome

"I'm less stressed and more relaxed"

My husband, Stefan, and I are trying to start a family, but so far we've been unsuccessful and I was feeling depressed. I was drinking too much to numb the heartbreak I was feeling. I was anxious and stressed. I'd have tequila every day and I'd eat junk food. I'm 26, and I was diagnosed with prediabetes, so I really wanted to change my lifestyle. My OB/GYN said I could start taking a fertility drug if I lost weight and got healthy. A lot of my co-workers were on the Thrive Challenge, so I got started.

First I reached out to a member of my HR team, Andrea, who is on a sobriety journey. We had a heart-to-heart and she really inspired me. I also started having therapy and I quit drinking alcohol. Now I drink sparkling water, and if I'm out for dinner, I'll have a sugar-free soft drink with bubbles in a cute glass, and I don't feel like I'm missing out. I avoid places where I used to drink, and I use Microsteps like reaching out for support to manage my stress. Stefan encourages me and reminds me that we're getting healthy for ourselves and for the family we hope to have. I'm also pausing throughout the day to do breathing exercises, and I'll watch a Thrive Reset.

I've been building new eating habits. It's been tough; I grew up in the South and at the dinner table there was always a lot of deep fried food. But I'm choosing to cook balanced meals with lots of veggies. Stefan and I take our fur baby, Chico, for hikes. The views of the Southern Tennessee mountain ranges are beautiful and I'm finding a lot of joy in nature. It's so relaxing.

I don't feel depressed anymore. My faith helps me stay strong. I go to church every Sunday and I get counseling from my pastor. I'm spending 15 minutes a day meditating, praying, and reading the Bible. In the past nine months, I've lost 15 pounds and my blood pressure has gone down. My OB/GYN says she's amazed by my progress. I'm excited because soon we'll be able to move forward on our fertility journey. Thrive is helping me change my perspective and I'm grateful for the blessings in my life.