

\$5,000 WINNER

Destiny Trent

**Distribution Center # 6083
Temple, TX** **Stress Management****Microstep**

Pausing to stretch at work.

**Outcome**

“Now I’m less stressed and I’m fully present with Adelina”

After I had my daughter Adelina almost two years ago, I found I wasn’t taking any time to focus on myself. I adore her, but it was hard balancing everything; it was taking a toll on my mental health. I downloaded the Thrive app and began with a Microstep: pausing to stretch at work, which helped to relieve tension. Then I made an email to-do list folder, which helps me prioritize tasks so I don’t get overwhelmed.

After work, I go for peaceful walks in the park. I let my mind go blank — it’s just me and the birds, the trees rustling, and the big beautiful sky. In the evening, I’m connecting more with my husband, Gilbert, who also works for Walmart. He has a 13-year-old daughter, Genesis, so we’re both busy, but we’re making time for dates. I like the Microstep about sharing things that make you laugh with someone and I’m always sending Gilbert funny videos. When I’ve had a hard day, he’ll put on an episode of a comedy, like Seinfeld or The Office, which makes me laugh.

I’m 29, and time with my friends is important for my relaxation and connection, even if it’s having a playdate together with our toddlers. But we also get together without toddlers running around. We’re taking turns in hosting girls’ nights. We each pick a theme; I chose a painting by numbers and Mexican food night, which was great fun.

Now I’m less stressed and I’m fully present with Adelina. She has an outdoor toy kitchen and loves taking our orders and “cooking” for us, then we pretend to eat together. We also draw on the driveway with chalk. Adelina and I love dancing to Disney songs. Whenever she hears music, she’ll turn around with a big smile and start bouncing. I’ll hold her hands and we’ll sway together or I’ll pick her up and swing her around.

At night when my daughter’s in bed, I’ll watch a Reset. The guided dreaming one is beautiful; the stars shining against the black sky leave me in awe. Another Microstep I really like: writing down three things I’m grateful for. Maybe it’s a mom thing, but I’m always grateful for having such a happy toddler who makes me laugh all the time.