


\$5,000 WINNER

# Miracle Enyeart

Distribution Center #7055  
Gas City, IN

 **Stress Management**



### Microstep

Pausing during the day to stretch.



### Outcome

"I'm less stressed and more joyful."

On December 7, 2022, my dad passed away. I'd been caring for him and I was heartbroken. I was dealing with funeral arrangements and expenses, and lawyers. My body felt like it was in a constant cycle of flight or fight, and I wasn't sleeping well. I had a health scare and found out I had an abscess; I had surgery just before my 30th birthday. I recovered, but I was still feeling stressed. My fiancé, Austin, and I are saving for our wedding in July and we had a lot of medical bills.

Last November, Austin, and I decided to start the Thrive Challenge. We both work at Walmart, and taking this well-being journey together is great for support. I began with Microsteps like pausing during the day to stretch. I learned how to do box breathing to lower my stress when I feel overwhelmed. Thrive Resets also calm me down. My favorites are the ones with water, like rivers and oceans. I started doing yoga, which is helping me get stronger and feel less anxious.

In the evening, Austin and I walk our dogs, Nova, Luna, and Windsor, around our neighborhood, and we play fetch with them. The dogs love their playtime and it's great exercise for us. After dinner, it's time to wind down. I take a shower and I use my foot massager, which feels good after being on my feet all day. I'm spending less time on social media and I'm reading instead. My sleep has improved and I wake up with less anxiety. I miss my dad a lot, but I know he'd be happy that I'm enjoying life more.

To help with our financial worries, Austin and I decided to have a small wedding with just a few family members at an amphitheater in Aspen, Colorado. It's only costing us \$200. Keeping it simple has taken away the money stress. We'll be out in the mountains, in nature, which will be beautiful and romantic with the wildflowers in full bloom. I'm very blessed to have Austin by my side. We're enjoying life, and with the Thrive Challenge we're making good choices now for a better tomorrow.