

\$5,000 WINNER

Sarai Martinez

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 Sleep



Microstep

Putting my phone away at night so I could sleep



Outcome

“My sleep has improved drastically.”

I have always been a positive and happy person, but four days before my only child’s first birthday, we experienced a serious crisis. One morning he turned completely red, stopped breathing, and became stiff. I wouldn't wish that experience on anyone. We thought it was a seizure and we ran to take him to the hospital. We learned that he had an undiagnosed problem with his tongue and that when he spit up in his sleep, he began choking.

The problem with his tongue also meant that he wasn't eating enough, and he needed two operations to correct the issue. He lost so much weight, barely slept, and cried so much from hunger and pain. My days turned gray. I couldn't sleep. I was always thinking negatively, imagining what would have happened if I didn't notice what happened. I thought my son was going to die and I cried at night thinking that I should have noticed the issue sooner.

My stress was eating me up. I ate very little, and when I did eat, it was usually food that wasn't good for me. I felt overwhelmed and stuck in bad habits, so I started the Thrive Challenge and began using easy Microsteps to help me keep going. I began to connect with myself and let go of that guilt that was consuming me. I started to take better care of myself by eating healthier meals, taking walks, and — most importantly — putting my phone away at night so I could sleep. That decision changed my life. Now I sleep peacefully, knowing that I am making an effort every day to face all the changes and challenges that come with being a new mother.

Realizing I needed to prioritize my own health helped me take the best possible care of my son while he healed. Now that I'm connecting more with myself, I can be better connected with my friends. Taking walks outside in nature is helping me manage my stress, and practicing gratitude helps me keep a positive mindset. I come home so excited to be with my son. He's doing better now, and I feel full of peace. I know that there is always room for improvement, that problems in life can feel huge and insurmountable at times — but that with small changes, I can achieve enormous results.