



\$5,000 WINNER

Andrew Wilcox

Walmart ICC #3930
Minooka, IL



Movement

Microstep



On my breaks, I go for short walks, I stretch, and I do a few push-ups and squats.



Outcome

"I have the energy to go for family hikes."

For months, I was feeling tired and irritable. After work, I would eat late, watch T.V. till late, and drift off to sleep while playing games on my phone. Sometimes I hardly got any sleep at all. I didn't have any energy for my two teenagers.

I downloaded the Thrive app and began moving more at work, so I'd be more relaxed at home. Any chance I get, I'll walk around the building. On my breaks, I go for short walks, I stretch, and I do a few push-ups and squats. I've been enjoying watching Thrive Resets; I usually go for the blooming flowers or the ocean waves. A Microstep I've been taking is declaring an end to the day even if I didn't get everything done, which means I can devote more time to my family after work.

Setting up a regular evening routine has made a big difference. As a family, we eat dinner earlier, and have conversations with each other. I spend a little time doing mindfulness exercises and I've even introduced mindfulness to my kids — they're joining me doing deep breathing. I've noticed they're more calm too; they've stopped fighting at bedtime, and they're staying on top of chores like keeping their rooms clean. On the nights I'm not working, we relax together. We'll watch a movie, or we put on some happy music, like "Sweet Caroline" by Neil Diamond, and "Surfin' USA" by the Beach Boys, and we'll do some coloring.

Before I go to bed, I spend a few minutes writing in a journal. I'm reading in bed, which is relaxing. I have a shelf full of books by my bed, like Sherlock Holmes, and I get lost in the stories. It's much more rewarding than doing endless video games. I use the Do Not Disturb setting on my phone, and I'm falling asleep more easily. I'm getting over six hours of sleep a night, which is incredible.

On the weekend, I have the energy to go hiking with my 14-year-old daughter, Charlotte. We enjoy being in nature together in the state parks close to our home. We love looking at the flowers and plants. We're also going swimming. I'm teaching 17-year-old Bee to drive, and I have more patience now. I still have times when I feel stressed and tired, but by making better choices, I have more energy, I'm more relaxed, and I'm enjoying life.