

**\$5,000 WINNER**

# Harley Greenwood

**Distribution Center #7055  
Gas City, IN****Stress  
Management****Microstep**

I started taking some time to breathe and relax — I physically took my TV out of my room.

**Outcome**

“I’m sleeping better and I have more energy during the day.”

I start work at 4:00 am, and by the end of my shift, I'm exhausted. For a while, I was only getting five hours of sleep each night, and I reached a point where I felt tired and stuck. I knew I needed to make a change, so that's why I started the Thrive Challenge.

Instead of watching TV before bed like usual, I started taking some time to breathe and relax — I physically took my TV out of my room. It wasn't easy at first, but I kept going. I love the Microstep about choosing a go-to recharge strategy. I have a place set up in my house where I go to just put in some headphones and relax at the end of the day. I'm now going to bed earlier, sleeping better, and feeling better in the morning.

Finding ways to cope with stress has also helped. I've learned that sometimes the worst stress we can face is the stress we put on ourselves. I struggle with self-deprecating thoughts and it's something I'm talking through with my therapist. Talking to someone has been so crucial for me. I lost my best friend six years ago to suicide and it taught me how important it is to ask for help. I'll never forget the day and exactly what I was doing when I found out. No one deserves to feel like they have no other options.

Now that I have more energy, my relationships are getting stronger, too. My girlfriend, Hannah, has been a huge support to me. My mom and I didn't have the best relationship when I was younger, but now we live in the same town and are very close. We lost my dad to cancer last year, and then my grandmother to dementia. It's been a really difficult time, but we've been leaning on each other. I'm also spending more time with my daughter, Tatum, who is my best friend.

I started this journey to work on my sleep and I'm proud to say that not only am I sleeping better, but I'm also feeling better and have strengthened my relationships and my well-being. I'm taking the time I need to recharge, and I'm putting my relationships and my mental health first.