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Question What has been the single biggest challenge to your wellbeing this past year during the pandemic?

Answer When I first read this question, the answer seemed simple. Of course, my biggest challenge was a reduction in physical activity and the consequences of that! But as I began to reflect a little more deeply on the question, I'm realizing that my emotional health may have actually been my biggest challenge. I just didn't fully realize it. In hindsight, I was trying to maintain focus on my work and stay connected with colleagues, while being frustrated at feeling powerless to make a difference, disgusted with this country's political leadership, despairing over not seeing a

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clear path to solutions, and angry about the whole screwed up state of the world. In other words, a state of angst.

Question Wellbeing likely meant something different to you in 2019 than it did in 2020. The year of 2021 probably means something different yet again. What does wellbeing mean to you right now?

Answer Being “in balance”. This last year has meant being off-center, misaligned, out of kilter – you name it. For me wellbeing right now is about harmonizing both the positive and negative, bringing my subjective reactions and the objective realities of the world into a balanced relationship and removing angst.

Question What is the gap right now between you and the place you would like to be in terms of your wellbeing?

Answer I am bedeviled with a peripatetic mind and an active imagination resident in a brain that would rather intuit outcomes than move to them logically. Unfortunately, this affliction can lead to a constant revisiting of a problem or an opportunity in my head, and sometimes an inability to develop that balance important to my wellbeing.

Question What is the one thing in particular that would make you feel better and overall healthier?

Answer Bringing subjectivity and objectivity into greater balance. Meditation appears to offer a way to get there.

Question Is there one small step you would be willing to take right now to begin heading in that direction?

Answer Learn how to meditate.

Question What would be different 6 weeks from now if you were to consistently take that step? (More endurance, lower blood pressure, greater sense of peace on a scale of 1 – 10, more veggie-heavy dinners a week, a walking routine... there are no rules or targets for what these bites add up to other than they advance you down the path to recovering a greater sense of wellbeing)

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Answer I don't know what will be different – will I suddenly see the world through rose colored glasses? Perhaps not (and not entirely sure I would want to) but I hope that the ability to find stillness and center myself might bring me into the crux of my wellbeing.

Question What are you passionate about and what impact would feeling a greater sense of wellbeing -- however you have defined wellbeing -- have on you and the things you are passionate about doing?

Answer I have been described as a Renaissance kind of guy as I seem to have many passions. Among many other things, I'm on

my 5th or 6th "career." I've pounded nails on building sites, gotten a law degree and raised money for everything from robotic research to arts education. I build scale models, renovate houses and cook a mean four course meal. I've sculpted clay, made jewelry, and sail a fifty-year-old keel boat. I hope that finding the balance at the center of my wellbeing may bring a greater sense of harmony to my journey and how I see the world.

Question If you were to begin consistently taking that step how would you go about doing it? That is, what would be your specific plan for clearing the path of obstacles so this step would fit into you I would consistently fit into your day?

Answer My goal is to develop some basic meditation techniques within the next three months. To do that I will need to do some basic research into different approaches to the practice of meditation and determine a direction that seems best aligned to where I want to go. I'll need to engage with a mentor/teacher individually or participate in a class. As this all requires me to step outside of my comfort zone, I'll need to establish a deadline for getting this set up (end of May). I am also going to let people, who will not be shy to remind me, know that this is something I want to do (oops – did I just tell all of NLH?). The next hurdle is reserving time on the calendar and sticking to it. Reserving time and refusing to compromise or ignore it will be important – it's way too easy to procrastinate, schedule something else or let my magpie mind take over!

Question Are you willing?

Answer Yes.

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