



## Michelle Davis

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

**Answer** One of my biggest challenges has been making sure I was up to date with the latest safety issues so that I could relay it to my staff to keep them safe. I also had to worry about my family being safe.

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A Q2 wellbeing recovery program. It's been quite a year!





**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** Wellbeing means being alive and able to get up out of bed daily. Having contracted COVID and being admitted to the hospital at which I work, I was terrified that I would get sicker and not survive it. So now I am grateful everyday that I am alive and healthy. I do wish my stress level would decrease as that would make my wellbeing much better.

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

**Answer** My biggest gap is the amount of stress that I am under with my job that flows over into my life. COVID is still very real and affects me daily. I still need to be concerned for my staff and my family, as my family is not vaccinated.

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

**Answer** I think some stress management. How to adapt to and deal with it. I do have great coping mechanisms and a strong family support, but I continue to worry 24/7 about my staff and family.

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

**Answer** Yes. I would like to be a bit healthier as I have gained weight over this past year due to COVID. I am a new diabetic and would like to be a bit healthier and able to control my blood sugars with diet and exercise instead of medication.

**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)

**Answer** I would see a difference in my weight and overall endurance. I would hope to see a difference in my blood sugars.

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**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 am passionate about family and friends. Being able to spend time with them and just relax. This is a great stress reliever for me. It allows me to focus on myself instead of constantly worrying about

everyone else. If I would be able to exercise and be healthier in that manner, I think it would make a tremendous difference. I feel that I would be able to go out and do more with them and be able to just relax and not worry about anything else.

**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 your day?

**Answer** I would need to commit to my health and wellbeing. I would need to start walking in the evenings and being more active. I will commit to being healthier by selecting appropriate food choices for my meals to include my carb count of 40-60 per meal. I will include in my meals at least 2 servings of vegetables and 1 serving of berries. I will also commit to walking at least 3 times per week for at least 15 minutes a day.

**Question** Are you willing?

**Answer** Yes, but I will need someone to help me stay motivated. I work 50+ hours a week and struggle with a bad hip. I am tired when I get home and don't want to do anything. I need someone to push me in the right direction so that I can get over the initial hurdle and make exercising a habit and not a chore. I plan to use my daughter Sarah and my friend Sue Dunning to help me make it a habit instead of a chore. They both can push me in the right direction.

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