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

Answer My husband and I welcomed our first son this fall and we could not help but feel sad to not be able to share our son with our family. In the birthing suite we had both envisioned having our parents and siblings there to greet our son and share the experience with. Although it was special to have those early moments between the three of us as a new family, there was a sense of loneliness to them as well. For me the greatest challenge of wellbeing has been that of mental wellbeing.

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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 I have always viewed wellbeing as physical fitness, eating well and exercise. However, after 2020 and now 2021 I see that mental health should be an even bigger focus in our nation. I missed being able to interact with my closest friends and family, as well as being able to travel. I did feel gratitude for living in rural Maine on a farm with plenty of room to roam and enjoy the outdoors.

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

Answer Time. More time. Isn't that what every mother would say? It has been difficult to manage a full work schedule, family time and typical weekly errands/chores. I find that if I am not deliberate in setting aside time for my wellbeing, whether that be spending uninterrupted time with my family, cycling or even just reading a book, it can be easy to put your needs on the back burner.

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

Answer I do not have the energy I once had and I feel that impacts me in various aspects of my life. If I was able to set the time aside to consistently exercise I would be certain this would help with my energy level.

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

Answer Setting a timer and scheduling out the time to be consistent. A timer always makes me feel as though I am being held accountable. It is that little reminder to stop what you are doing and focus on what is most important in that moment.

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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 More energy and less anxious feelings.

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 showing up for my son, family and clients as the best version of myself. I think by being able to better understand what it is I need in order to have more energy, as well as a clear and calm mind, I would be able to provide more to all of those around me.

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 20 minutes of physical fitness a day (horse-back riding, cycling, yoga, etc.) and twice a week moments of uninterrupted time for self-reflection and mindfulness.

Question Are you willing?

Answer YES!!!!

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