



Kelli Magoon

Operations Manager, Clinical Informatics
Northern Light Home Office

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

Answer By far, the biggest challenge I've faced has been to keep moving. At first, the pandemic felt like an elephant sitting on my lap and I just could not get myself going. My already sedentary job became even more so as the only steps I had to take were from between different points in my house and, if I'm being honest, on an "as needed" basis, only. Pulling myself out of this rut is hard work. Harder than ever.

Northern Light Total Health One Step Closer Program

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 In this point in time, wellbeing means being centered and balanced, emotionally and physically.

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

Answer My core strength needs some love! My lack of activity in 2020 has taken its toll on my physical strength and flexibility. My core self needs attention! It's been easy to find ways to avoid the worry, fear, and stress I've experienced over the past year. Unfortunately, I have mostly fallen back

on the old, unhealthy, ways of dealing with these triggers. At my most well, I am physically strong, limber, and connected to myself and my family.

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

Answer It seems like a small thing, but I'm alarmed at how limited my range of motion has become. Gosh, it seems like overnight I aged 30 years. I know that if I can work through this, I will feel less pain and feel healthier overall. Of all the adverse effects of 2020 on me, this is very high on my "bothers me" list.

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

Answer Set aside time each day to stretch and just "be." I think for this to be the most effective, it should be first thing and last thing each day. Maybe 10 minutes, twice a day. There are other things I'm trying to do, but this seems like a promise to myself I could keep.

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'd feel less fear about aging and better centered and able to take on the other adverse effects of the pandemic. Specifically, I would have increased range of motion, less pain, and better core strength.

Northern Light Total Health One Step Closer

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





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 two three-year-old girls who are old enough to see and learn from mommy and the way she takes care of herself. I need them to see that so they know they have to take care of themselves, too.

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 Oh gosh, anything at all can be enough to throw me, right now. I think the biggest thing is to remember that, in the grand scheme of things, ten minutes in the morning doesn't really take time away from work and that ten minutes in the evening will only help me sleep better. The obstacles I have are really only in my head, so I need to remember my new stories.

Question Are you willing?

Answer Yes.

Northern Light Total Health **One Step Closer**

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

