

### The Accountability Tracker Week 3

Real or invented name	Complete this question each week: What has challenged your wellbeing the most in this past year?	Complete this question each week: What is the one step you are going to take throughout these 6 weeks that will help you recover some greater sense of wellbeing?	What percentage of success did you have in taking your step this week?	Are you feeling better?	How so?
Minnie Mouse	My self	I am trying to make more time for myself. Taking a walk at lunch, or afterwork with the kids help.	50%	Yes	It gives me time to clear my head.
Melissa	Social interactions	I will set up time over the weekend to see my extended family face-to-face	100%	Yes	Even though I have spoken to my parents over the phone, now that we are all vaccinated, it was nice to be able to see them in person. It helped me feel more connected to those I care about
Kim	Staying positive	Focus on one positive thought each day	90%	Yes	I know I can do it!!
Sara	My mother's health	2 hours of alone time every week	100%	No	Stress and distressed feelings remain high
clinicianK	busy work week	exercising 3-4 times a week	100%	Yes	Feeling stronger physically (and more important mentally)
Cheryl	All things COVID. We went from working with peers to working from home in one day. While this has been turned from experiment into reality for the foreseeable future and works quite well for the team, we are missing an integral human part of life; social in person interactions. ZOOM and other technology creates a face to face environment to some degree but you can't touch that person. We can't unintentionally invade their personal space or celebrate milestones and birthdays in the same way that we took for granted before COVID. Additionally, with the closing of many businesses early in COVID other personal changes occurred as a consequence. And the reopening has been very different still. Change truly is the only constant in life. COVID is no exception. In fact it is the leader of change in my opinion., So much related to COVID changes day by day and sometimes more than once in a day. It's confusing and frustrating and challenging every day if you try to understand all of it.	I suffered for months with my feelings about isolation, fear of catching the virus, fear of my loved ones getting it and then I got mad. Mad that my life was so impacted/changed by COVID. My gym closed, my work and 'play' routine was literally shattered. I couldn't just go here or there or visit and play with my grandchildren in the way that I wanted to. I could not get out of my head as to how I could safely change and learn to live with COVID and take my life back. It seems to be sort of like a disease state of mind. Cancer and other diseases impact the lives of so many I suspect in very similar ways. But I never really considered what that might be like before COVID. I slowly began again creating a work out area in my home that I could 'control'. I slowly began using the technology in front of me to reconnect with family. Facetime with my grandchildren, more frequent phone calls and an occasional quick socially distanced visit. When I began again I started taking back my sense of self. Small steps have helped. I started simply walking 2 to 2.5 miles every day with a friend. Then about 3 months ago I joined a very small (5 of us at most) aerobics class 2 x a week in a very spacious school gym. With that influx of endorphins it helped me to cross the next hurdle; getting back into a gym. Just this week I walked back into a small local gym and restarted my pursuit of weight training to lean out. This will require at least 4 days of very disciplined training and nutrition. It will be difficult and wiping down everything I am going to touch, masking, and then wiping the equipment down after I use it is a daunting reminder that we are going to live with COVID for a long time to come. But it is doable. Habits can be formed in a short time. And months from now I expect this will just be something I do as routine; just like at home. I am no longer mad or fearful. Although COVID is still on my mind and concerning it is no longer controlling MY life thoughts. I suspect that my experience is not different in some ways than those who live with other chronic diseases such as Cancer or COPD or asthma or even severe allergies. We are resilient we are human and we adapt. The biggest and scariest step I think however is saying I WILL DO THIS. Eventually we ask ourselves how and create the pathway that allows us to do just that.	100%	Yes	Mentally I am prepared for each day. At the end of the day I know there is a gym with very little foot traffic, but enough to see that people are working out again. I walk outside with a good friend I have gained and we are both feeling healthier mentally and physically We talk and we laugh and we complain about hills. But we are here we are alive and we are healthy. I should add that not all was horrid about this past year. As a reflection back we took stock in what really matters out of all we do. We are fortunate to live in a State where the outside possibilities are endless and are by design set up for social distancing. Paddleboarding and hiking adventures have also been a staple in my closet of tricks to combat mental health demons. I struggle as much as most do with COVID and its impact. Some days it may get the better of my psyche. But having the tools of physical activity, time to just 'be' meditate and other options is the best medicine. And remember we are not alone in this. From a spiritual perspective it is written 'this too shall pass' and so I believe it shall but the lessons learned should not be forgotten.
April	Not being able to spend time with family and friends.	Spend time in nature, going for a walk or just relaxing outside listening to the sounds of nature.	50%	Yes	Being in nature helps brings a sense of peace and relaxation to my mind.

VICTORIA	Traveling the US exploring museums, hiking, and meeting new people for 2017 thru 2019, then dropping into the Pandemic was very challenging. We were a family of four in an RV, feeling very trapped. I was having to navigate my own feelings of being stuck, along with helping my children understand what was happening, without scaring them to death.	One step this week, it to remember gratitude. not only for what I have, but for all the steps along the way that led to this moment.	80%	Yes	By giving myself permission to just be and not have a plan.
Susan	Seasonal allergies	Scheduling time for myself to do something I enjoy.	100%	Yes	Feeling accomplished!
Sylvia Ellis	my being alone a lot and not connecting with family and friends	get outside and spend time with friends when the weather is nice	50%	Yes	I feel more connected to the world!
Stacey Wigmore	My biggest challenge during this past year has been not being able to go see my family members in Massachusetts due to states not being on the exempt lists. Massachusetts not always being listed as one of them.	with the weather getting nicer getting out doors more and I have built myself a vegetable garden this past weekend so I have given myself a new hobby and also will have fresh crops to attend to.	90%	Yes	I feel so accomplished these past couple of weeks because I have done DIY projects around my home and also have gotten so much yard work done and it's been not only motivating but also felt like I have achieved so much in such little time. It feels good.
BBC	Being positive.	I'm going to distance myself from electronics and social media. I feel like everything is so toxic lately and it is dragging me down. I don't need that in my life right now with everything else so I'm going to focus my free time and energy elsewhere or try to at least.	50%	No	I'm not doing well enough with this goal. I want to but with the gas shortage, vaccinating opening up to children, etc that its just hard to not look at what others are saying even if its hurtful or I strongly disagree. I need to do better so it doesn't drag me down physically and mentally. I have had little interest or want to do anything and that's not fair to myself or my family.
Dana	wearing a mask everyday. It is a constant reminder that the pandemic is still here. I miss seeing my coworkers faces, smiles especially!	going for walks with my vaccinated neighbors with no masks! (keeping the 6 foot distance of course)	80%	Yes	It feels like we are making progress to end the pandemic , it is a new freedom.
Melony	As well as not been able to spend as much time in close contact with my family members. I have not paid as much attention to my own physical health.	In addition to walking to and from work now that the weather is nicer, I have implemented Bite-Sized Nutrition training each week for four weeks, and started tracking my intake and how I feel during these times.	100%	Yes	I feel that I am taking positive steps toward feeling better, having more energy and an overall sense of accomplishment.
Don Sargent	The most challenging part of this year for me has been the lack of ease to access to people. I have had auto insurance issues and I can't just walk into the office and talk to someone and get it taken care of. I have to call, hit multiple numbers and if I have any luck, I get to talk to an actual human being. Even that is not exciting to me and raises anxiety, because as an introvert, I do not like talking on the phone. As a transgender male, I don't like how my voice sounds over the phone. I need more human contact for self assurance that what is discussed is actually going to get done (insurance issue has still not been taken care of after talking to 2 people over the phone over the past 6 months.)	work harder on achieving at least 7 hours of sleep each night.	20%	No	Still no human contact, an no resolution to problem.
Paul	Exercise - when the gyms closed it really set me back.	Stabilize my activity routine.	90%	Yes	More energy, more in control

Jenifer Lloyd	I loath uncertainty, making the unknown waters of 2020 a challenge. My mind seeks out possible outcomes so as to avert danger, which can be a great asset until it is not. Rumination over scenarios I imagine can damage today as it robs me of the joy and energy of the moment. It is also in direct opposition to my faith, which invites me to trust something bigger than myself.	I like to practice something rooted in Biblical history, known as stones of remembrance , which is a way to look back so as to look forward. These stones of past victories, trials that did not drown me even while it was a hard swim, fears unrealized, serve as reminders that I can wait in hope. Taking time to think on these stones, give thanks for them, or write them out to better remember allows me to breath a bit.	50%	Yes	Looking back, I have a nice cairn of stones erected, reminders that hope is real, regardless of the danger I perceive is on the horizon. Remembering to stop my thoughts as they begin to work out perceived hazards and replace the time with stones of remembrance helps me have peace.
Dawna	my weight	I have started exercising and have been interment fasting.	50%	Yes	I have lost 14 pounds so far since January and the intermittent fasting along with my treadmill have been working and I am happy so far with the results.
Sarah	Working more hours then usual, more stress, less me time , off of my routine	Get outside and get some fresh air	20%	Yes	I was able to have a little bit of outside time this week and it helped elevate my mood.
Barbara Beckwith	my weight and eating habits	eating healthier and trying to exercise at least 3 - 4 times a week	70%	Yes	I am hitting most of my goal
Janice Rines	not being able to be with family	Try to phone a relative or friend everyday to touch base	30%	Yes	the times that I did speak with family on the phone made me feel reconnected. It is too easy just to stay in my own bubble.
Angela	Finding the time to exercise.	I set aside time each night for me to exercise.	100%	Yes	I have more energy and sleep better at night.
SM	My physical health.	I am going to take a short walk 5 days a week. Hopefully increasing in time by the end of the 6 weeks.	50%	No	Mentally, this has been a very challenging week. In turn, it has had an effect on my commitment to improve my physical health.
Lisa Pinkham	Finding the energy/motivation to get out and exercise.	I'm currently enrolled in the Noom program. I'm focusing on completing my daily lessons with them and virgin pulse. Along with increasing my steps daily.	80%	Yes	Energy level is starting to increase.
Michelle	Taking time to disconnect from work and responsibility to do things that refill my bucket	I have been taking small breaks in my day to walk outside for even 5 minutes. I am also now blocking time each day to do one thing just for me. I have been discussing with other family members, tasks I have taken on for them that I can give back to them and take that off my plate.	50%	Yes	I have noticed a little more bounce in my step and have actually had time in the evening where I noticed I had free time. The next thing was my thought, How do I fill this.
Ashley	Not seeing family and friends, and not being able to connect with people in person.	Reach out to family and friends whether it be a quick text or call to say hi, or sending a card. Something that makes me feel like I'm connected.	70%	Yes	It feels good to reach out to someone and share what's going on in my life (no matter how mundane) and to hear what is going with them.
Kim Paulus	There has been a sense of fear in the past year due to COVID. From visits to family or friends to going to the grocery store every act has been touched by how different our culture has become. Being afraid of human contact is the antithesis of how I like to live. It's been difficult to stay positive and always put in perspective that this will end someday.	Now that we are able to get out and be more social, I personally am going to get out to more friends and family, go to festivals, be in huge crowds.	100%	Yes	I'm visiting with my family this week in NC. I'm attending college graduations for two of my kids. It's so fulfilling to know that we can celebrate them and recognize a life event for them and for us. It feels normal!
Bri	Time management/Prioritization- not getting everything done that I want to, and not knowing where the time can come from to get things done that I want	Keep track of how much time I spend doing things (outside of work). How much time I spend cleaning, making meals, exercising, reading, scrolling/clicking around on my phone.. and see where I might be wasting time/ how I can reallocate my time to go towards my priority things	60%	Yes	I've been good at keeping track of what needs to be done, but have never put the time in to see how much time I spend on each activity in a day. I'm starting to do this this week. I will pay attention to how much screen time I have especially (phone, tv, etc.). Hoping by next week I have a good idea of how my time is spent and will report back!

carol blethen	Covid & trying to get healthy	I am trying to get my blood glucose stabilized with diet and exercise. I have 2 weeks to do it or my dr is going to put me on more medicine. It is not going good even though I am eating better than I even have, my levels are just not going down.	30%	No	I am doing everything that I can, but I am beginning to think it is not enough & I will have to go on more medicine.
Rachel	My challenges are most around not being able to see family and friends and dependence on technology which brings with it a feeling of frustration due to the endless, mindless chatter.	Set time limits on my phone to limit my use of Facebook and Instagram and all the mindless scrolling. When my time limits are achieved, get up and do 5 min of an activity (strength, stretch, walk, dance, etc).	60%	Yes	I was away last week so I didn't add the intention to be active once my timer is achieved until 5/10. I was 100% successful with my time limits and 30% successful with activity. I am happy to say that I was under my time limits yesterday which felt very empowering to be making progress on breaking the addiction to social media. Unfortunately, I have been busy with other meetings in the evenings this week so I have not been able to use my former endless scrolling time to be with my partner but I was able to use it to connect with other friends through these social meetings.
Positivity	Covid	Having had my second vaccine, waiting the 14 days post vaccination and getting back out there!	90%	Yes	Knowing that I am fully vaccinated and knowing that everyone else is getting there too.
Revrend John Brown	Still on the learn to eat right and exercise regularly, I really like the exercise as Prayer concept. That could really work for me	Pray while exercising.....I must remember I was an athlete as a young person and can continue in that light. 1 Corinthians 9:25 (NABRE)Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.	40%	Yes	Still on a roll, lost another 1/2 lb. this week. But still not exercising regularly, I am planting a garden and some raised beds which uses stretching and muscle but the cardio is not getting the work it should. I compensate with Prana breathing but I do not think it is as good and full cardiovascular body movement.
Leann	Stability	Creating and following a schedule	20%	No	I did not outline or follow through with an activity schedule. I have a weekly schedule but struggle to plan ahead due to rotational lunches. Personal life activities are all over the place.
Reggie	Struggling with body image issues has been a particular struggle this year with no access to gyms or motivation from larger, in-class exercise groups.	Now that I am vaccinated, I feel more comfortable safely exercising with others who are vaccinated. I think in the coming weeks that increase in exercise will help with my wellbeing.	70%	Yes	With a plan in place to be more active this week I feel accomplished.
Rachel R	Lack of socialization with family has left me feeling quite sad this year, and has made me not want to be as active and healthy as I usually am.	Now that my family and close friends are vaccinated, we feel comfortable having get togethers and socializing again. It is so invigorating to spend time with loved ones again, and we have made COVID-friendly plans in the coming weeks to look forward to,	100%	Yes	Having something positive to look forward to in the future really helps my mood.
leeny	stress and guilt. I have started grinding my teeth at night and cracked a crown (added stress\$\$\$)Guilt that I don't have it as bad as so many others, so why am I so stressed. I still have a job and am able to pay my bills.	scheduled appointment to replace the crown. Wear a bite guard and do deep breathing at bedtime to help relax tense muscles in my neck and shoulders. Determine flex balance and if it will cover repair.	70%	No	I am trying to resolve problems that stress me one at a time. This week the added stressor of having to put our 14 year old golden retriever sent me off the scale. On up side, I won't have to watch him stuggle anymore. I know it was the right thing to do, but the heart wants what it wants. RIP Zack. Enjoy running in the green grass and sunshine.

					I had some heartache this week, and some feelings of powerlessness, which resulted in exhaustion and challenged my ability to be proactive in the evenings. But I am resolving things slowly. I replaced the wheel on my wheelbarrow - I used you tube, WD 40, Blaster, a wrench, screwdriver and all the strength I could muster, and it took 2 days (on and off). I got it, though! Then my lawnmower would not work. I had to replace the spark plug. I consulted my son in law, my co worker, you tube, and the staff at tractor supply. My son showed me how to remove the shroud, remove the plug wire, take out the plug and worked with me to get a feel for how tight it should be. I put it all back together and it didn't work. But I left it for awhile and tried to relax and had a realization -- I had forgotten to replace the plug wire. I returned to the mower, got the wire back on, and got it running. These are wins, but altogether the time frame for completion of these tasks was almost 2 weeks, and a lot of the time felt frustrated, powerless, slow, stupid, overwhelmed with all the springtime work, and fearful that I would not be able to manage it. So although I had wins, I feel like I've been through a bad time. And this all affected my ability to perform my daily and evening tasks on time, which put me later at work. Also I had 2 meetings this week scheduled until past my time. So I have not had much success with the sleep end of things, and I have not fit in my am exercise for 2 days, but I am winning on the feeling more powerful side of things, and feeling like I will attempt my first solo hike this weekend.
Christina Pratley	keeping myself cheered up	Getting a consistent 7 hours of sleep	50%	Yes	
Grace M.	Increased stress related to Covid and just normal everyday life has had physical impacts. It has forced me to stop and look at how I can best take care of myself. Otherwise I really can't do my best to take care of those around me. It was a big realization. I want to show my daughters that even when life throws curveballs you need to still make taking care of yourself a priority.	My goal is to meditate for a few minutes each day and increase the number of days per week by one day each week.	50%	Yes	Taking time out to allow myself to not think about anything at all has been really good. I tend to find reasons to not do it but when I do I feel more centered and relaxed afterward. I never regret doing it.
Chris	Stress from school and work. So much to take care of leaving less time for stress management activities.	I have started a morning running routine. It has been incredibly beneficial.	60%	Yes	I have been working on reframing my way of thinking surrounding being overwhelmed at times. Running has been a great addition to my routine creating more positivity and less stress.
Desperately Seeking Hydration	I have found that wearing a mask all the time has significantly reduced the amount of water I drink throughout the day and now I am struggling with kidney stones.	Daily-drink entire water bottle twice at work, drink a glass of water before dinner and before morning coffee	70%	Yes	I know that I'm helping myself prevent painful stones
Tori	Succumbing to the winter blues, both at the beginning of Covid (February and March are when we start to enjoy the tail end of winter...and transition into spring outings to recover from 6 months spent indoors. That recovery period was eliminated with the stay at home orders.) and this past winter. It was easier to work overtime and sleep to compensate for a limited social interactions.	After getting out of work each morning, I'm going to drive around to see the duck pond here at AR Gould and just park next to it for a few minutes. On nice enough mornings I am going to walk for two minutes on the trail behind the pond. Just a dose of sunshine and nature before I get ready for bed.	50%	Yes	I can't be uncheered by watching ducks lounging and waddling around. And on those 2 minute walks I get to see grass and dandelions explode into existence...each walk takes a little heaviness off my heart.

Laurie Damon	Supporting a best friend who live in another state (Massachusetts) virtually during the pandemic. She was dealing with her 95 year old mother who was in assisted living and not being able to see her, and then died without seeing her in over a year. How does one bring comfort and support during a time of need?	Call 1 friend each day and provide encouraging words, and positive statements, along with committing to a date to see each other in person.	80%	Yes	Sense of joy and fulfillment
Stephanie H	Physical limitations due to arthritic pain	Make time for light exercise and stretching	50%	No	Still not quite up to par due to joint pain, but will keep on truckin'.
Britta Baron	weight gain	trying to limit portion size	50%	Yes	I tried on my summer clothes and they fit!
Leann	Stability	Create and follow through with a schedule	60%	Yes	Planned on working out four days, ending with two due to unplanned circumstances.
EL	Restrictions on activities/outings to do with the family	Be creative, now that the weather is warming up, find things to do outside.	100%	Yes	Positive outlook.
VM_2021	Being stuck at home	Last week got a haircut - this week going out to lunch and dine in at a restaurant - gotta get out and live	60%	Yes	I feel like I am getting back to normal a little at a time