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

Answer I got COVID and was hospitalized and out of work 2 months total.

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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 Being able to work and having any energy left after work for my family..

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

Answer More energy/stamina and weight loss..

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

Answer Being able to go hiking and biking without being out of breath or overly tired.

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

Answer I would like to start biking just around the house.

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 endurance.

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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 my family, my livestock, my church, and being at work when I am supposed to be. I just feel like I have had to say “no” more than normal for me due to knowing my limitations right now. I want to say “yes” when the kids say they want to go do something, or when the school PTF needs help.

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 have started to feel a little better in the last couple weeks. I am now helping with livestock chores again after work/evenings. The better weather helps too. The more that I have been able to be outside and work with my kids around the house/barn the better I feel. I do feel like I have become a bit of a homebody since COVID and especially since being so sick. I want to feel good enough to say “let’s drive to Acadia and go hiking” on a Saturday. Right now, I am almost afraid to go because of how tired I will be that evening or the next day. We have a free pass to the State Parks so need to use it. I have been afraid to do too much on the weekends and be too tired come Monday. I think the best thing is to start slow with some shorter local hikes or biking trails and then slowly progress to traveling further away and longer adventures.

Question Are you willing?

Answer Yes.

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