

## The Accountability Track Week 5

Real or invented name. (If invented, please use a pseudonym)	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?
Britta Baron	gaining weight	stopped eating desserts and sugary snacks	100%	Yes	When I feel better, I think I look better
Julea	Covid and not being able to go anywhere.	Walk multiple times a week. Not deprive myself of a sweet treat now and then. Do more outdoors now that some masking restrictions have been lifted.	60%	Yes	My mood is better. I feel happier.
Di	finding time to take time for myself	scheduling time to do things	20%	Yes	am making an effort
Bill	Staying positive in the middle of a pandemic	Getting outside more and enjoying the nice weather	90%	Yes	I feel happier as we slowly return to pre pandemic life
Stacey	getting a good night sleep	I have been trying to write in a journal more, not using a any device a few hours before bed. exercising more, meditating.	80%	Yes	Taking more walks, gardening, writing out my thoughts and clearing my mind.
Becky	Not being as physically active and more isolated than previously. I didn't realize till recently how much this has impacted my physical and emotional status.	The gym has recently opened and I am making plans to start attending the gym again. I have also signed up for the My Strength program. Admitting that I am struggling is a first big step for me.	50%	Yes	Awareness of my struggles has started to provide me with less stress.
Mommie Dearest	Suddenly being limited on who you should be around and where you could go. I worried that my working in healthcare may have an impact on seeing my grandsons. I help care for them so it weighed heavily on me.	Take the time to get outside and take in the beautiful weather without having to mask up. To be able to spend time in our beautiful state during the summer is a blessing.	20%	No	trying each day to stay positive and focus on my blessings
Angela	Not getting enough steps in each day.	I recently got a fitbit and can track my steps each day. I push myself to get 10,000 steps 6 days a week.	100%	Yes	I have continued to drop the pounds this week making sure I get my steps and eating right.
Sara	my mother's declining health	2 hours alone every week	100%	Yes	I am discovering through counseling that most if not all of my work complaints are all actually related to my distress about my mother. Work is really fine, it's my personal life that is stressful. I am grateful for this insight and grateful for a great counselor.
April	Not being able to spend time with family and friends.	Spending time outside in nature. This week I spent time planting seeds in my garden!!	70%	Yes	I find being outside provides a sense of calm and wellbeing.

Kim Paulus	Continued isolation from other humans.	I have started a meditation class on Calm. I reach out to colleagues more often through 'chat' similar to how I used to 'talk' over the wall.	100%	Yes	Meditation helps me focus. I've never been very good at it, however I'm learning how to do it one step at a time. I recognize the value of it, so I'll keep trying!
Minnie Mouse	Having the kids home more with out them having as much social interactions. Stress	I am taking more me time. Not stressing as much.	80%	Yes	I have been more relaxed and go with the flow
Melony	As well as not being 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.	80%	Yes	I have made some changes in my diet due to the Bite-sized Nutrition class I completed over the last few weeks and I am feeling energized to continue the good nutrition behaviors I learned during that class.
Barbara	covid , not being able to see family and friends ,	exercise and eating better	90%	Yes	healthier
Michelle	the stress of COVID and running a very busy ICU	finding time and motivation to exercise to become healthier	20%	No	I am still struggling to want to do this. I am usually exhausted when I get home. It makes it very hard to find the motivation to want to exercise.
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)	70%	Yes	I was 85% successful in sticking to my social media time, limits, again breaking my limits one day but for purposes other than mindless scrolling. I was 57% successful in adding movement/stretching to my day. I have been adding stretching more regularly which feels great. I feel some pressure to minimize my social media because I want to avoid that timer going off which has helped me keep to my limits. I have enjoyed my evening hours doing other activities. It is nice to be able to put my phone down and not have the pressure to pick it back up again.

Anne	So many things...â€¦ (1) daily concern for my parents who are in their 80s followed by concern for family and friends (2) sorting and sifting through all of the information re: COVID to make decisions that were safe and best for me (3) staying on track with exercise and trying to eat well (4) trying not to feel like I was living on a tightrope â€¦. never thought I would ever live through or in the time of a global pandemic (5) trying to maintain good sleeping habits (6) trying to find fun, happy, positive things to do rather than confining myself to work and home.....I think you probably get the idea	Truly realizing and accepting that maybe the worst of the pandemic is behind us and it's OK to resume some level of normal life	60%	Yes	I am learning to relax the strict guard I have had in place for the last year. I have returned to cuddling the NICU babies (I have done that since 1998). I am planning monthly time-off to do something fun. I am finding it to be more of a mental challenge to resume 'normal'....more than I thought I would. I am trying to relax and simply be in the moment. Be kind to myself and to others.
Lisa Pinkham	Finding time/safe ways to get out and exercise.	Getting out in the fresh air for walks and time outside with my newborn.	70%	Yes	More energy and happier thoughts.
Robyn	still the pandemic!	I am doing the brief yoga and walking classes Mon-Wed via Beacon Wellness (yoga is Zoom on my laptop, walking is a Zoom call on my phone)	70%	Yes	Although I missed this week's walking on Monday because I was driving to and from Cianchette Bldg to get a new name badge photo taken, I definitely see the yoga and walking making a difference in my stress level and in my body.
Positivity	weight gain	Started WW	100%	Yes	Lost 8 pounds in the last 4 weeks!!!
Kathleen Polion	I feel like everyday in the past year has been on repeat. Work and back home. Not being able to get away and enjoy weekends. My husband and I would almost monthly go away for a weekend. It has been so long since we could plan anything. I have been feeling low with no plans like there was nothing to look forward to doing. After a year you begin to wonder what is the point of anything.	We are planning outings again. A trip with my grandson to a zoo in Rhode Island, a camping trip July 4th weekend. We did a day in Ellsworth last weekend walking a beach. Just being outdoors and somewhere new is such an incredibly uplifting experience. Trying to get comfortable feeling safe again. Trying to walk outdoors more and garden around the house means so much. It makes me hopeful to have things planned again.	80%	Yes	I just feel more relaxed and excited about this summer. I'm looking forward to things again. Visits from family members I haven't seen in a year. I feel happier than I have in such a long time. I have a more positive attitude in general.
Leann	Stability	Develop and follow a schedule	10%	Yes	Not feeling well in the schedule sense, but looking forward to the holiday weekend.

Melissa	Social Support	Have dinner with my parents and lunch with friends	100%	Yes	Being able to spend time with family and friends and focus on the positive things that are going on around us was refreshing. It is nice to not have every conversation start with the negative impact COVID has had on our lives
VM_2021	I was off on Monday, so I played catchup at work all week and I was feeling very stressed!	I asked a co-worker for help. It alleviated a bit of the sense of overwhelming I was feeling.	50%	Yes	By the time end of workday Friday, with the help I received, it was much more caught up and went into the weekend feeling better
Sheila Dickerman	Lack of physical activity	Walk at least 4000 steps daily and exercise when possible.	10%	No	It has been a very rough week emotionally. Earlier in the week I found out that the person who was supposed to care for my son this summer can not care for him. Since I have been unable to find someone to replace her, I have had to cancel my son's time with me in Maine. I am heart broken. Every day off this week I have slept anywhere from 12-16 hours a day.
Steph H	Lack of exercise due to physical limitations	Get at least 20 minutes exercise per day	50%	Yes	More energy, though I wasn't able to accomplish my goal often due to traveling out of town.
Reverend John Brown	Maintaining daily exercise	Walk on the treadmill for a minimum of 5 minutes every day for 21 days	100%	Yes	I have completed this task for 6 of the last 6 days.