

## The Accountability Track Week 4

Real or invented name. (E	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?
Jaime	being active	Be active most days of the week (4 of 7)	100%	Yes	physical fitness impacts my mood and mental wellbeing. I feel more balanced and less restless when I am able to exercise routinely
Diane W	My husband's poor health and access to activity due to covid	Get outside for 30 minutes each day and resume regular exercise regime	50%	Yes	Just knowing that I have taken positive steps creates a better sense of well being
Peggy	Motivation to do things.	I have decided to step out of my comfort zone. I will be training to run my first Iron Man 70.3 in the future. I will adjust my diet, start exercising and swimming. Start biking again. I will make some time for myself.	100%	Yes	With changing all these changes, I am sleeping better, feeling better and have an even more positive than what I always am!
Sara	My mother's declining health	Originally it was 2 hours of time alone. I have now blocked a whole weekend in June as a retreat after traveling to see my mother. I continue with the 2 hours a week as well.	100%	Yes	Baby steps - I have some excitement and energy for fun things. I am coming to terms with my mother's decline and expectations of myself to help her.
James H Urbina, MD	As a provider who previously worked in an Indian Health Service hospital, and now here, I am the one screening for trauma, historical trauma and adverse childhood events, and also trying to help patients cope with posttraumatic stress. However, beyond simply working through my own traumas of where I was working having fallen apart, when I felt I was likely to retire there, having to abandon my patients and especially the elderly ones, to rip myself out of the desert southwest where I was born, and come here has been traumatic as has trying to cope with the pandemic and how it has adversely changed my life financially, emotionally, and physically.	Try to focus on the 9 blue zone commonalities for longevity especially the ability to power down which has always challenged me ( <a href="https://www.bluezones.com/live-longer-better/#section-2">https://www.bluezones.com/live-longer-better/#section-2</a> )	20%	No	The problem with trauma with no end, and uncertainty for extended periods of time leads to a hyperadrenergic state similar to adverse childhood events, and in the end is both tiresome and quite frankly a beat down.

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.	90%	Yes	I feel like I am making some progress in my physical health as well as my mental wellbeing.
Susan	Every aspect of normal life feels altered by COVID	Learn workaround techniques.	50%	Yes	Baby steps back to normalcy.
Susan	Dealing with uncertainty and changing guidelines	Take time for self. Improve overall health.	90%	Yes	More energy, losing weight. Less tired.
Julea	Covid	Walking every day weather permitting, eating healthier, cutting down on sugar.	50%	Yes	I have more energy and feel lighter, better mood, better sleep
Paul	Exercise	Hardwiring my exercise	90%	Yes	Stronger
Stacey	The whole social distancing idea, now that the pandemic is still in effect or no mask policy changes, you get used to being socially distant to people. I double check whether I'm in people's social space or too close to people anywhere I go or stand in line. It's just a build up in my head really.	Know my self space or personal space or bubble I like to call it. If I'm okay then I'm sure it may just be in my head. Getting it out of my head more.	70%	Yes	Getting out of my own head and space and enjoying and being present in the moment more.
Barbara	My health; I have compromised immune system so if I get Covid it would be catastrophic for me.	Exercise, eating healthier, taking antibiotics to prevent infection, got the vaccine.	90%	Yes	Lost weight, did not get covid
Missy	My kids moving out	Reminding myself daily that I raised them right and it is time for them to spread their wings.	50%	Yes	I have to have faith in what I taught them.
Angela	Making poor choices.	Be mindful of what I put in my mouth and how it makes me feel.	100%	Yes	I kept to my diet and made good choices all week and was able to lose 2 more pounds.
RH	Maintaining a healthy diet and actively choosing healthy foods has been challenging this year. Sometimes when we feel down (as many have during this challenging year in a pandemic) we go for foods that are not healthy but are comforting. I certainly struggled with that this year.	I meal-prepped this weekend for the week. I made salads ahead of time for each lunch and planned out my dinners so I wouldn't fall back on takeout or easy meals.	70%	Yes	I feel accomplished for meal-prepping and trying to set myself up for success.
SD	Lack of physical activity	Increasing steps to at least 4000 daily. Try to workout.	20%	No	I had time in the past 2 days to work out and I didn't. Shame on me!
Kristen Stevens	Changes. In order to flow with COVID and ensure we had what we needed to keep going we had to make so many changes and adjustments that it seemed like a never ending struggle.	Take time for self care at least once per week. Just some time to get some perspective, and think creatively.	100%	Yes	I feel like when I take care of my self it gives me a better perspective on everything and helps me think of ways to make the changes better for myself and my employees.

Ellen	Eating right and getting outside to walk	Eat healthier and get out more	50%	Yes	I am eating better but not getting out to walk as much as I want to. I tried to go for a big walk up back which is my favorite thing to do and I picked a minimum of 20 ticks off of me so that has kind of discouraged my big walks. Thinking of other ways to get outside without encountering ticks!
Jessica	Balancing work and personal life	I have been working from home the majority of the time since last April. It has been challenging to balance a healthy work and personal life. It is really tempting to periodically check emails at night or during the weekend. I am going to work on stepping away from my home office to ensure I have some personal time.	90%	Yes	I was away this weekend and I didn't have my computer near so it felt great to have some extra space between work and personal life.
Melissa	Social isolation	Have coffee twice this week with a friend	100%	Yes	Sitting outside having coffee with a friend reminded me of the possibilities of the future as more of the community becomes vaccinated
Jay Fonseca	Stress, and overcoming it.	mindfulness practice	60%	Yes	I can see a goal approaching
Cheryl F	4/8/20 Cancer diagnosis. Surgery 4/21/20, 1 year follow up All Clear 4/28/21. Due to nutrition/dietary issue & lack of physical activity I have gained weight.	Join EMMC Fitness Center; eat less fast food & increase eating salads for one of my daily meals on 2 to 4 days a week	50%	No	Not fully yet. I have maintained having my salad at least 2 times a week. not up to the 4 I would like. I have done better about not eating fast food on the run. I did not move forward yet on joining the Fitness Center. I know this would have a huge impact. Well attending/participating not just joining.
Positivity	Personal contact with family and friends	get vaccinated.	100%	Yes	Fully vaccinated and the mask mandate has been lifted for outside and in some stores in my area.
Reverend John Brown	Staying on the path of losing weight and getting healthier	eat less than 1800 Calories and exercise 4-5 time a week for 30 minutes	40%	Yes	Still losing weight. Still watching my food intake. Not exercising regularly.
Steph H	Lack of exercise due to physical limitations	Increase exercise through recumbent biking, walking dogs, and strength/stretching exercises.	60%	Yes	My mood has improved even though my physical pain is still present.
carol blethen	Being away from my family	I am making more plans to spend time with my family.	100%	Yes	Looking forward to taking my Brother and Sister out to dinner next week.
Michelle	Taking time for myself. taking breaks.	I will take breaks in my day for at least 5 minutes to get fresh air and stretch. I will engage in 1-2 activities just for fun each week.	60%	Yes	I have noticed less agitation when little things happen. I find myself getting lost in the view of the flowers and their colors. The smell of the lilacs and sounds of the birds. I feel more connected and refreshed before seeing more people. I have been cutting flowers to put in my office and the smell is wonderful.

Grace	Dealing with increased stress.	To start and gradually increase meditation.	50%	Yes	Making time, even 15 minutes, seems daunting many days. Some days are more successful than other in following through with the commitment. The times I have been able to set aside time just for meditation I have not regretted it as it has provided moments of calm and clarity.
Leann	Lack of consistency	Develop and stick to a schedule	10%	No	Re-scheduled appointments and financial restraints destroyed any stability for the week.
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 am routinely sticking to my social media time limits (I only cracked once but it was to listen to a live music stream and not for scrolling!) I was 85% successful with my time limits and 42% successful with adding movement regardless of the time limits I set on my phone. I feel really good about reducing my social media scrolling, now just scrolling for a minute or two at a time when I want a quick fix instead of for 15-20 min at a time. Without the mindless scrolling, I am more often making the effort to go to bed at the same time as my partner and making time to spend with family.
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	I continue to struggle with fatigue. I know that I will feel better if I can get off the couch and take that walk. Right now, my tired body is dictating what I do instead of what my mind knows needs to be done. However, I will not quit. Hoping to kick it up a notch next week.

Christina Pratley	Keeping myself cheered up.	Get out of work on time (so that I can get to bed on time and get more sleep).	70%	Yes	I was a little late leaving work twice this week, but was also late going in due to some personal appointments. This meant that for two days this week I worked shorter hours and took PTO, so I felt a bit more energized when I got home. It made a big difference for me. I also walked with a friend during a lunch break this week and I also felt less drained on that day. I am beginning to think about what I might be able to do during the day that would help me feel more energized - I am sure that would improve my productivity and everything else, so that has become sort of a second goal. More to come there. As far as getting more sleep goes, I did well getting to bed closer to on-time more consistently than the week before, and I exercised almost every day and went for a hike on the weekend. All of those things contribute to my sense of well being. I'm not sure if they are directly related to more sleep, but my Garmin tells me that my sleep is actually better these days. I am sleeping deeply more than I did before. Yay!
Kim Paulus	Not able to be as social as I'd like to be at work or at home	Started a meditation course on Calm . Visited family on vacation last week...lots of ways to reconnect over the next six weeks.	100%	Yes	Being 'close' to my friends and family is very important to me. I got to hug my daughters in person. I was able to eat out at restaurants without a mask at all! (NC)
Chris	Isolation.	Working out and facilitating growth through meditation, weight training, and healthier eating.	80%	Yes	I'm feeling much more positive and well. For the last couple of weeks I've been able to work out at least a minimum of 30min a day including fitting in time to longboard with my elder husky-shepherd while walking the younger one. My son has even started to want to work out with me so that was a fantastic surprise. Eating healthier is definitely an area I can improve upon though still!
Reverend John Brown	Regular Exercise and over eating.	Start by using the treadmill in my family room every day for 5 minutes with out fail. I will make a check on the calendar. 21 days in a row for at least 5 minutes. No other goals until I complete this one.	30%	No	Still have not added regular exercise to my daily schedule. But today is the day. I will walk on the treadmill at least 5 minutes every day for the next 21 days and put a large check mark on my calendar for each day of success.
Rebecca	The loss of my dog, start of dementia with my father, and feeling more stressed than usual.	Drink more water	50%	Yes	A bit more energy, but mentally still a bit bogged down.