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

Answer Keeping myself cheered up.

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 The ability to maintain perspective when things are going badly.

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



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

Answer At the center of my wellbeing I would have fewer recurrent, distressing thoughts, which (I think) would reduce my distractions and allow me to focus more on enjoyable present experiences.

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

Answer More consistent sleep, at least 7 hours every night, preferably 8 hours.

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

Answer Yes. I need to get to bed on time.

Question What would be different 6 weeks from now if you were to consistently take that step?

Answer Enough sleep = increased productivity (among other things).

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 would be more likely to go hiking, which further improves my wellbeing.

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 My day is very programmed. To get to bed on time, I first have to leave work "on time" (after 8 hours). This requires some planning and consolidating of usual morning activities.

1. Ensure that my weekly, planned food prep occurs before noon on Sunday (when it gets later I put it off) so that I can avoid prep during the week in the am.
2. Leave work 3:30.
3. Once home after work, while brewing my tea, pack the next day's breakfast and lunch (prepared previous Sunday).
4. Keep a list of planned activities and work on them until 6:15 pm.
5. Start dinner at 6:15.
6. Head for bed at 8 pm. This should give me about 7.5 hours of sleep nightly.

Question Are you willing?

Answer Yep.

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