



## Amanda Smith

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

**Answer** My biggest challenge this past year would be stress and the issues that stress can bring with it. There was a lot of this anxiety when COVID first appeared from all of the unknown and constantly changing information. Every day working in COVID rooms and worrying about taking the virus home with me and causing my family to be sick was really stressful in addition to the pure exhaustion from working in the COVID units with all of our PPE on, several hours a day, every single day. I was constantly thinking and

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remembering to wash my hands and being as cautious as possible so I don't catch the virus, all while keeping a smile on my face so my patients never saw the anxiety on my face.

**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** For me right now, well-being is my overall health, mentally and physically.

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

**Answer** The gap would be just my general exhaustion right now. This past year has really taken a toll mentally and physically. I feel being worn down and tired.

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

**Answer** I think the one thing in particular that would make me feel better would be SLEEP! A really, really good night of rest or a long nap. 😊

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

**Answer** The step I could start taking right now would be to set aside a few minutes a day for just me. To just take some deep breaths, decompress, refocus and recharge.

**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** If I started to take some time for myself I imagine in 6 weeks, I would likely have more energy and not be as emotional. I would generally, just feel better.

**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?

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**Answer** I love spending time with my son, boyfriend, friends and family. I'm usually so exhausted by the time my day off comes, that I have little to no interest in doing anything. Getting some stress relief I believe would help me get back to more of me -- being my outgoing and sociable self.

**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** Steps I could start taking right now would be to establish a set time each day for a break. I will turn my phone off and have some peace and quiet -- time to recharge.

**Question** Are you willing?

**Answer** YES.

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