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

Answer The biggest challenge has been maintaining an emotionally steady state in a time where changes in my professional, family and interest aspects of my life were changing constantly. There has not been one hour in the last year that something that I depended on for my emotional stability was not in flux or being directly changed by the influence of COVID. As well, managing my distress over national and international challenges that appeared to be so close to being out-of-control was incredibly taxing.

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 In 2019 and 2020 well being for me was in the predictability of my relationships with my two grown children.The positive direction of my two life interests and the smooth, consistent, successful flow of my profession and a new position which I assumed in January of 2020. I cannot change the circumstances of the world around me but me being a part of something great -- a healthcare team, my family, my interests -- I can greatly improve my sense of wellbeing. For me wellbeing is feeling as though I am contributing to something positive to any living being.

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

Answer This year has required an hourly reminder that there is no predictability right now except how I choose to respond to the absence of it. I can control my reactions but I cannot control everything that is going on around me.If I remain focused on that there is no gap.

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

Answer I am the healthiest I have been in 10 years only because I know that if I did not maintain my health I cannot be a strength for anyone else.ALWAYS put your own oxygen mask on first-no matter what is happening.

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

Answer I require myself to take a small step each morning when I open my eyes. I compare it to the re-centering on my google map app. When I open my eyes in the morning the first thought in my head is "survive and re-center no matter what happens."

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 I am aware that I am in a heightened sense of anxiety right now. The "recentering" request each morning results in a very real sense of physical relaxation. So I am thinking in six weeks I will no doubt feel as I feel now but a little more relaxed not that winter is over.

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 In my work life I am passionate about being part of a healthcare system that can coordinate health care provided by well informed, committed practitioners who use both their professional and personal experience to combine their gifts with a support staff that can cooperate as a whole to provide each patient with as positive a health care experience as is possible. I am committed to the idea that a well-coordinated and caring team that pays attention both to their patients and each other can do miracles each day while maintaining their own sense of well being to keep this concept in play indefinitely no matter what the varying needs of the patient may be.

In my personal life I am passionate about my two children, 21 and 23, and encouraging them to live their life as fully as they can and enjoy and value every second. For me, personally, I am passionate about paying attention to the world around me and what it offers, the variety that it presents to see both the joy and the need and allows me to participate in both, as well as to take the challenges in my life and turn them to chances to help myself and others endure. I am passionate about being thankful.

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 will assign myself a certain time of day to just do what I feel like doing. Let's say from 6pm to 7pm I will give myself the option of doing what ever comes to mind. I did that every day last week. One day I just sat and cried. I felt much better afterwards.

Question **Are you willing?**

Answer Of course; life is about moving forward.