

# Worry & Exhaustion



## Tips from WING Service Members

### With worry, there is no peace.

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### What preventative things do you do in your life to keep your stress and worry at bay?

I believe that 'vitamin nature' is an important part of prevention. I try to spend 30 min a day outside. This sounds like a lot, but I break it up throughout the day, ten minutes in the morning, afternoon, and evening. As the weather gets cooler, I have a tendency to want to stay inside, but sunlight and a brisk walk helps reset my mind throughout the day. I also meditate on a regular basis or use a breathing exercise throughout my day. My favorite meditation is following the inhale and exhale with my mind. Staying focused on my breath allows my nervous system to regulate and rest. My favorite breathing exercise is square breathing, the best part is that this can be done anywhere at any time.

### How do you maintain balance within your life?

Planning is key. As a Service Member, contractor, business owner, mom and wife, I can be pulled in many different directions. I carve time out to set myself up for success. If I fail to plan, then I plan to fail. Everything that is important finds its way onto my calendar. My workouts are scheduled, and I put them on the family calendar, because I do need accountability, otherwise I can reason my way out of anytime for myself. I plan my meals for the week, and if I am going into the office I pack my meals the night before, allowing me the ability to press the snooze in the morning but not let it throw my goals out the window for the day. I also have a reminder on my phone that lets me know it is time to go to bed. Sleep is very important; it allows our body to rest and prepare for the day ahead. In the past I have struggled with going to bed because it was the only time that I had to myself, after everyone else went to bed I would stay up and mindlessly scroll social media while having the television on in the background with my favorite show. This habit began to grow and before I knew it, I was left with only a few hours of sleep and nothing to show for it but exhaustion and an inability to make sound quick decisions in the morning.

### Who are the people you can talk to about your stress?

Having a community is key, it takes a village. Family and friends are a true help with emotional support. They remind me of different ways of looking at things and to take the time to slow down and take care of myself. I also have the help of a DPH, health coach, and a therapist for those things in my life that I need support with expertise. There was a time when I was very averse to using these more formal lines of support, but once I started using the resources, I realized how helpful they are. It strengthened me as a person and my relationships within my life. It also Alleviated the stress on my friends and family, no longer did they feel that they needed to help me solve all my challenges.