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Wellness Assessment Reflection

I indicated on my wellness assessment that I experience on average a medium level of stress. However, I would say that I stress out a lot more than that. This was my first term back at school after a decade long hiatus, and It has been good school wise, but it has been very difficult on my family life. I took on 17 credit hours this term, and I would say that was too many. I find myself doing homework all the time at the expense of play time with my children. On the flip side, having something to focus on other than my children has been good for my mental health. So, I am still experiencing elevated levels of stress, but it is a different kind of stress than I was feeling before. It is a mixed bag of good and bad stress. I know now that I cannot take on this much school work while homeschooling three elementary aged children, and running my household. This simply speaks to my own personal abilities. I know others can handle this and a full or part time job as well. And another thing that caused me stress, and which specifically relates to this class, is that it takes place while my husband is at work, forcing me to have to find childcare. I did use the daycare at the Cottonwood Heights Rec Center, but even that stressed me out. Having class in the middle of the day broke up my day so that I could get fewer things done on Thursdays. I have an evening math class on Thursdays, so on Thursdays I couldn't do homeschool with my children, or I couldn't finish my math homework. I'm majoring in mathematics, so that was a very important class for me. And I tried to finish homework outside of Thursdays, but it wasn't possible at least half the time. Anyway, Thursdays were my most stressful day of the week this semester, because of ice skating class.

Another question from the wellness assessment was: does moving make me feel better physically and mentally. It does, but not ice skating, apparently. I never ice skated before this class in my entire life. I have to say, I did not enjoy ice skating. Kathy, our instructor, was amazing. She is an expert, and she is a gentle teacher, so don't take this as any indication that she did anything wrong. Truly. Ice skating is just not for me.

I am still not very conscious of what I eat. I did purposefully cut out eating chocolate for the last three months or so, but I replaced it with pastries, which is probably worse. I did not

eat more healthy meals like I intended to do these last few months. In fact, I found it difficult to find time to cook (or clean!) between homeschool and my over load of college classes. I resorted very much to fast food. My kids do love Chic-Fil-A, and I guess I think it's a sliver of a step better than McDonalds, but still. I know I'm only fooling myself.

I did exercise by ice skating every week, but it didn't really feel like exercise. I never felt sore muscles from new challenges, which I always sort of expect when I start a new exercise routine. From 7th grade until 11th grade I participated in volleyball, basketball, soccer, tennis, cross country, and my favorite: track and field every year. I was a pole vaulter, and participated in short and long relays, 200m, 400, and 800m races, as well as shot put and discus. Ice skating felt nothing like the workouts I got with any of those sports or events, nor even my present hiking habit. I do openly acknowledge that I have a different body now at 30 and after three pregnancies and deliveries than I did as a teenager. Still, ice skating was not the workout I hoped for.

Something I have learned from this is that while I am a huge fan of watching ice skating events on the Olympics, I am not a fan of ice skating myself. I learned that I am much happier when I work within the confines of my abilities, rather than trying to do it all. Most importantly, I learned where some of my limits lie simply by trying new things, like going to school full time and trying ice skating.