

A Moment of Wellness



A Pause Before the Melody

By Amaryllis Sánchez Wohlever, MD

Over the last two months, we've covered a lot of ground in these brief moments of wellness. The intent is to stir hope and deliver a breath of fresh air in the midst of continued uncertainty and constant change. Although thoughts of COVID-19 seem unavoidable these days, there is much we can control, even in a pandemic. Nurturing those aspects of life under our control is hopeful, proactive, and healthy.

If you've cared for small children, you've likely noticed that providing structure is not only a basic need for them but also a terrific way to guard one's sleep and replenish our energy levels! For adults going through uncertain times, maintaining routines is foundational to what I call the triad of wellness: structure, **movement** and **restful sleep**. I mentioned this **triad earlier this month**, in case you'd like a refresher.

Leadership experts recognize the importance of a morning and

evening routine to bring order and stability to our days. This is especially beneficial when external factors outside our control usher in the very opposite — disorder and chaos. Working to stabilize our inner lives amid outer chaos pays large dividends and enables us to respond rather than react to circumstances throughout the day.

Even a few minutes devoted to transitioning into a new day prime the mind and set the stage. This can vary to include music, a walk or jog, journaling, stretching, meditation, prayer and so much more! My favorite daily routine is opening the blinds all over the house to let light in as I pray and welcome a new day, then closing them at night while expressing gratitude.

These routines are like that moment when the conductor pauses before an orchestra, arms and baton high and ready, giving every musician a moment of wellness to infuse the soul



with purpose and their instruments with life! It's like that basketball huddle of teammates right before the last game of a tough season, when they all gaze intently at each other, unite their hands and energize the team with hope.

The way we begin and end each day is like two bookends that steady what lies therein. Indeed, our souls gather many experiences each day, some good, some discouraging, some surprising and exciting, some frightening. Tending all of it with intention helps keep us moving forward, healing, living life more fully, and becoming more grateful, joyful, and content.

Your Wellness Moment: How do you start your day? Do you incorporate even a few minutes to moving your body and preparing your soul? Does your evening routine help you process the day's events and transition to restful sleep? If not, what will you change today?

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