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Morgan, WellSpark participant



## THE JOURNEY TO WHOLE HEALTH:

### MORGAN'S STORY

In 2019, Morgan realized that while he'd found success and growth in the workplace, the pace at which he had worked for the last 9 years was not sustainable long term. He knew that he wanted to continue to grow but was uncertain about whether he could continue to do so without sacrificing other aspects of life. After seeing the (many) emails from LAZ Benefits about health coaching, Morgan decided to reach out for help, and so began his surprising journey toward whole health, a strong balance of physical, mental, and emotional well-being.

From the initial sessions with Cathy Carney, he quickly realized that health coaching was not just about diet and exercise and, in fact, their focus was on a lot more than eating well and going to the gym. "It just wasn't what I expected – in a really positive way," says Morgan. Throughout the last 12 months, Cathy has helped Morgan with the physical manifestations of stress – anxious thoughts, not sleeping well, low energy and gut issues. She has gently guided him to recognize that, to sustain a lifestyle driven for results, taking care of his whole health was essential (and that meant more than just eating broccoli).

With Cathy's help, Morgan implemented a meditation practice in 2020 and this has had a major impact. Although it was a challenge at first, through the practice of being present he started to realize that many of the challenges he faced at work were the result of him moving too fast and not being intentional. This new focus on being present and with intention has improved his life dramatically. Even a year later, Morgan still finds himself surprised at how calm he feels at work at times.

In addition to his work with Cathy, Morgan also started working with a therapist weekly to help him manage his stress and anxiety more productively, and to guide him as he supported his wife during a significant loss. Now, Morgan is not only thriving, but after experiencing the impact of these changes has developed a real passion for normalizing the idea of asking for help, especially for mental health. He knows that there are others out there struggling with balancing the COVID impact on life – the pressure of working from home, the stress of new demands – and hopes that by sharing his story, other LAZ family members may be open to asking for help, too.

Morgan says, "Health coaching isn't what I thought it would be and now that I have learned new ways of living, I wonder sometimes what I was thinking not doing this sooner. Cathy and I don't really talk about work, but she impacts it a lot. If I came into this role with only my pre-existing resources, I don't think I could do it long term. At this point, I can't imagine NOT having a health coach and the fact that LAZ offers this resource at no cost to employees is significant."

Morgan, thank you for courageously sharing your story!

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