



BROOKLYN_BORN

 Change Banner Image

154,944
SparkPoints



-  Info
-  Photos
-  Feed
-  Blogs
-  Awards
- More 

Spark - my touchstone and motivation during a stressful week

Monday, April 04, 2016

Last week was tough. On Easter Sunday DH & I drove 8 hours to attend the funeral of a dear friend on Monday. We could have saved 45 minutes if we hadn't mindlessly followed our GPS instructions which took us over some crazy mountain roads. That route was probably shorter but the narrow twists and turns only added to our stress.

SP intervention: I weighed myself before I left. I packed healthy snacks and water for the car including a salad for my lunch consisting of everything left in the fridge. Every few hours we included 10+ minutes of walking after our bathroom break. After our arrival we had dinner at a restaurant that I knew included healthy options. We walked around afterwards and remembered the first time we saw Columbus, Ohio. We were in our mid-twenties. I was 7 months pregnant with our 2nd child and DH had accepted a job here in America's heartland - far from my life in Brooklyn.

Our hotel was near the Ohio State University campus, a location we knew well - close to the funeral home and our old neighborhood. Each morning I got up early and went for a run on the many trails through the campus. The weather was crisp and windy, but cleared my head. Breakfast was an egg white, flat bread sandwich, OJ and coffee at Subway. I was prepared for memory filled days.

The service was beautiful and we stayed an extra day to visit with the family and other old friends.

One was an active visit when friends took us to see the Columbus Zoo (think Jack Hanna of TV fame). It used to be a tiny place and he had a local TV show. Now it's one of the largest in the country. We walked over 3 miles just looking at the animals.

Stressful situation #2 - another 8 hour drive to visit MIL in her nursing home in TN. We still followed the SP plan - regular walk breaks and healthy snacks in the car.

It's not as easy to follow a healthy lifestyle in that area of TN. We visit every month and I have yet to find a good safe place to run. The hotel staff is used to me running laps around their parking lot. The guests checking out early were understandably surprised. The included breakfast was typical southern fare, complete with biscuits and gravy. Fortunately, there was also oatmeal and yogurt.

We spent a few days with MIL, included an early celebration of her 96th birthday (which is today). Yeah, I ate the pizza and cake. Sometimes you just go with the flow. She is not happy to be there and I sure didn't want make anything more difficult. I got to take many, many walk breaks mostly around the halls of the facility or outside as far as the main road and back.

Our 4 hour drive home felt easy. Sure, it was only half as long as our last two excursions.

The following morning I drove 45 minutes to our closest city with a running trail. In the beautiful morning weather I did 13 miles (11.5 running). It is so much easier it is to stay fit when you live close to facilities

 [Add a Blog Entry](#)

See Today's Featured Member Blog Posts

More Blogs by BROOKLYN_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

that make it possible. I miss Columbus (and Northern Virginia) for this.

If you've read this far, thank you. It was a difficult week, but SP made it better. I wasn't very active online, but I logged in every morning, kept my streak going, spun the wheel for my teams and even kept up with trivia. Checking in kept my motivation high, obviously really high because the fitness report I received this morning were my highest numbers ever. The final success - I came home weighing exactly the same as I left - 133.0.

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

Member Comments About This Blog Post



PRNCSCUP1-2FULL

You are such a healthy traveler! Sorry for the loss of a good friend. MIL seems to be hanging in there even if she doesn't like it! I'm sure the hotel staff knows you by name by now!
1871 days ago



MARYJEANSL

I am always impressed by how well you are able to stay on track, through travel all over the world and stressful situations. I should take notes, since I have committed to driving to the DC area for my lovely daughter's college graduation. How far are you from Front Royal?

I figured that driving would cost less overall than three round-trip tickets, one one-way ticket, and car rental, if we stay in low-cost motels and bring food in the car for at least some meals. I wasn't, of course, factoring in my stress! Henry will drive if asked, but he dislikes doing it. I mostly enjoy driving, but it does get old after a few hours.
1882 days ago



MJZHERE

I am sorry for all the stress you went thru. I grew up in Bath, Ohio (between Akron and Cleveland). Going back to visit this summer - haven't been there in many years. My sisters still live there and one was just here visiting but I didn't do as well as you staying on track.
1884 days ago



GINIEMIE

Sorry for your loss. I know that long drives are stressful. Erik and my drives to Akron, Ohio don't usually bring out the best in me. The visit in Tennessee had to have been difficult too, especially when the patient is NOT happy about her "home". We will be traveling to Stuart, Florida to see a niece, her husband and their 7 month old. Cristal is a breast cancer survivor, which makes her son and extra special gift to the family. My MIL and her friends will be joining us in Stuart so Erik gets to see his cousin's baby and his grandmother for his birthday. My MIL is great, her friend -not so much- but I'll put on my happy face for my son. We of course are taking the route that includes a few Harley Davidson stores so Erik can pick up a few special poker chips and or t-shirts.

It's easier to stay on track where we are comfortable exercising and have sensible choices of

foods.   



1890 days ago



ANGIEN9

Sorry for your loss. Hope you are feeling less stressed. Glad you got a couple runs in while you were gone. That probably helped a lot!!
1890 days ago



KRISY82

I'm sorry for your loss and the stressful drives/situations you've had lately. It is truly impressive that you can keep a healthy lifestyle while traveling, feeling stressed out, and having all that other stuff added to your plate. Your walking breaks are a brilliant idea! And good for you for running in the parking lot when you go to that one hotel. So dedicated! I hope this week is much better.
1890 days ago



A-NEW-OLD-LAURA

I'm sorry for the tough times. But Thanks for sharing how you got through it. It is so helpful for people like me who are trying to figure this out still
1891 days ago





CD4114015

You did EXCELLENT and I sure learned from this blog and your calmness! Stress is NOT my good suit!



YOU are an INSPIRATION for sure! Sorry about your loss and hope all gets back to normal again SOON!



1891 days ago



MJREIMERS

You are such an inspiration! I haven't gotten back to even 10 miles yet. I'm averaging only 5 miles. Slow, but sure. At least, I keep telling myself that. Keep at it!



1891 days ago



ECOAGE



1892 days ago



DS9KIE



1892 days ago



DOVESEYES

Great work, you are an inspiration. My nav man always wants me to go on the Highways and "at the next exit turn back !!" He he. Nice to be home I'm sure :)



1892 days ago



HOLLYM48

Well done!

I am sorry for the loss of your friend. You did a great job on keeping on track regardless of any situation. I love the way you find a place to walk or run regardless. Awesome job!



1892 days ago



SLENDERELLA61

Well done. You truly handled a stressful week in an impressive manner. Sorry for your loss and stresses. I know you'll hang in there. Wishing you bright days ahead. -Marsha



1892 days ago



IAMSUNNYHOWARD



Sorry for your loss, but congratulations for staying on track! I still haven't mastered stress and staying on program, but then, every day is a new day!



1892 days ago



ONEKIDSMOM

Well, well done! With determination, SP can indeed be our touchstone and anchor in choppy



times!
1892 days ago



TERI-RIFIC

Sorry for your loss and your stress. But you really held to maintaining a healthy lifestyle, through it all and not succumbing to the stressors. Well done!



1892 days ago



LIVEDAILY



to you on the loss of your friend. It truly was a stressful week for you, and I think you did a fabulous job of holding it together, planning your meals, and taking advantage of fitness opportunities where you found them. My sister and BIL lived in Columbus while she was doing a residency. I visited them a couple of times, and it is a beautiful place! Welcome home!!



1892 days ago



1CRAZYDOG

You did well under stressful circumstances for sure!



1892 days ago



DR1939



1892 days ago



GARDENCHRIS



sometimes things are beyond our control and we have to go with the flow. Sorry you had such a stressful week.

1892 days ago



KANSASROSE67



I so appreciate learning from others on Spark...you are one of my heroes! You did so well and I like seeing how you found ways to run and eat well no matter what the circumstances. I want to be you when I grow up!


1893 days ago



HARROWJET



Yes, Spark People does help us to remember what we are doing. Sometimes, as you said, we just have to go with the flow and do that best we can. It sounds like that is what you did in the

stressful circumstances. 

1893 days ago



SUBMOM2



I'm sorry about your friend.

Good for you for taking your program on the road with you!

1893 days ago



CD14181646



Way to be consistent with healthy snacks and walk breaks!

1893 days ago



PHOENIX1949



Great example of not letting major stresses derail your healthy lifestyle. Sorry for the friend loss.



1893 days ago



PHEBESS



Big hugs and my condolences on the loss of your friend. And aging parents are always difficult to visit, for many reasons.

Your Sparkie skills are amazing, though, and kept you going!

1893 days ago



GLORYB83



I'm thankful for SP too, this site and my many SP friends have helped me tremendously when I've been in stressful situations. Last week was a stressful week but I stuck to my program.

You did good!



1893 days ago



CD13202979



Highs and lows... but you stayed your course!

1893 days ago



50YEARSWIFE





Good job. Sorry for your loss. We are planning a trip in a week. Your blog helped me to believe that I can stay on track while I am gone. Have a wonderful week.

1893 days ago



SLIMMERJESSE
Sorry for the loss of your friend.
1893 days ago



CD13396003
It's always difficult to stay on track in stressful situations, but you did a great job! Glad that Spark could help you, it is my touchstone and motivation too, especially now that I'm more active here and participating in the 5% Challenge.  and have an amazing week. 
1893 days ago



WATERMELLEN
Well done. You used all your excellent coping strategies to power through stress. Doesn't make it easier: does make it survivable, without regret!
1893 days ago



Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.