



# MENTAL HEALTH MONTH 2021

## Employee Stories

Brenda Radziewicz | Business Administrator  
School of Education

### What's your story?

My life has been very negatively impacted. I have lost contact from family and friends over the last year due to the political climate and all of the social injustices. In order to deal with what was happening I had to reflect from within. I got a physical and spoke to my doctor. I started taking care of "me". The impact is huge. I started a weight loss journey and to date have lost forty pounds and feel so much healthier.

Working from home afforded me lunch hours that I could work out with my son every day, helping me with weight lifting and elliptical work. I intend to continue when work life is back to normal and take advantage of UD's facilities and classes during work hours.

### What helped you?

My husband bought me a Fitbit watch and I synced it to my daily food logs. I hit a plateau at 30 lbs. and then decided I needed external help. Noom\* helped me with their psychological based format. As stated above, I have broken through to lose 10 more lbs. I continue on my journey to feel healthier so that I can watch my grandchildren grow. Being able to get on the floor and play with my granddaughter is priceless. **My emotional side is also healed**, the small things don't matter as much. We need a more inclusive, kinder culture - I hope that I can somehow contribute to that now that I have the confidence to step up and help wherever needed.

\*Noom is a paid service. It is not endorsed by the University of Delaware

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### The impact of 2020...

"My life was negatively impacted because I lost contact with family and friends over the last year due to the political climate and social injustices. In order to deal with what was happening, I had to reflect from within."

### What came next...

"I spoke to my doctor and had a physical. I started taking care of 'me.' The impact was huge. I started a weight loss journey and so far, I have lost forty pounds, I feel healthier. Being able to get on the floor and play with my granddaughter is priceless. My emotional side has also healed, the small things don't matter as much."

### How she did it...

"My husband bought me a Fitbit watch and I synced it to my daily food logs. Working from home afforded me lunch hours and I could work out. I worked out with my son each day, he helped me with weight lifting and elliptical work. I hit a plateau at 30 lbs. and then I decided I needed external help. Noom\* helped me with their psychological-based format."

### What's her 'why'...

"I continue on my journey to feel healthier so that I can watch my grandchildren grow. We need a more inclusive, kinder culture - I hope that I can somehow contribute to that now that I have the confidence to step up and help wherever needed."

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# EMPLOYEE STORIES



How a moment of personal reflection led to emotional healing and new confidence

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**Brenda Radziewicz**