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Transcript: My health story: Living with loss

From the series My health story: Living with loss.

I met Rick at the high school dance and kind of caught each other's eyes across the dance floor. You know Rick was indeed the love of my life. 16 when I met him, until he passed and I was 49.

You grieve and you cry and it stops you dead in your tracks. The hardest thing is after you lose somebody is people avoid it like the plague. They don't know what to say, they don't know what to do.

I remember calling into Aetna, and they were offering health coaches, and connected with somebody by the name of Carol. She just was always there, consistently. We were connecting about so many things. The grief, the stress, the challenges of parenting alone. It just means the world to me.

Walking on the beach is my favorite place to walk because I look for sea glass. And it can't be sea glass until it gets into the ocean and hits a lot of rocks and bangs against the sand and the beach. Then all of a sudden it smooths out. I like to think that it's a gift from Rick.

My three boys are definitely my anchors. My youngest said to me, "Ma, don't just get out of bed each day, get out of bed happy."

Even though I don't have it the easy way, you don't give up.