

Inc.

Want to Instantly Boost Your Energy, Mood, and Mental Performance? Neuroscience Says Chew a Piece of Gum



read all about it!

This year started hovers a feeling of uncertainty given the election year, continued conflicts, and a stretched economy. *But* amidst it all, we can still *chew* onward. It benefits us by:

- Maintaining alertness
- Boosting memory and learning
- Lessening anxiety and stress

Embrace the chicle and boost your momentum onward.



calendar

- 2/11 - Superbowl LVIII
- 2/14 - Valentine's Day
- 2/15 - Deadline to send 1099s to ind. contractors
- 2/19 - **President's Day**
- 2/27 - BCC Workshop



Don't worry, be happy now...*It's more than just a Bobby McFerrin tune.*



forget-me-nots

HAPPINESS. Whether you're in the pursuit of it or experiencing it everyday, choosing a joyful outlook can only boost your mood and momentum. **Happiness** is its manifestation.



quotables

"Be **happy** with what you have while working for what you want."

- Bob Hope



Dead Horse State Park
Cottonwood, AZ



breadcrumbs
CREATIVE
community

winners

New year. New spotlights. There is so much more to unravel on our journeys this year. We're looking forward to sharing the light with you.



photo-op

Journey with me to places that spark my creative joy. And, hopefully, yours too.

www.breadcrumbscreative.com