



May 2020

Hello and welcome to the May issue of *Straight from the Horse's Mouth*—an assortment of relevant (and maybe not so relevant) articles.

This issue of *Straight from the Horse's Mouth* is being sent to you courtesy of **Winning Strides** and **Kaleidoscope Copywriting**.

It is our way of saying that you are important to us and we truly value your relationship. Please feel free to pass this newsletter on to friends and neighbors.

Enjoy!

Quotes of the Month

Nothing in life is to be feared, it is only to be understood. Now is the time to understand more so that we may fear less.

—Marie Curie

One of the most sincere forms of respect is actually listening to what another has to say.

—Bryant H. McGill

When the trust account is high, communication is easy, instant, and effective.

—Stephen R. Covey

Politeness and consideration for others is like investing pennies and getting dollars back.

—Thomas Sowell

May the Force Be With You

“We all have impact on each other. Our words and example can be life-giving ways that inspire and empower others to have the courage to dream – the tenacity to succeed.”¹

This quote, while taken out of the intended context, reminds me of some of the things I have seen over the last two months.

With all the devastating news, daily I see sparks of inspiration, empowerment, courage, and tenacity. I have been captivated by the creativity, imagination, and resolve to flourish despite dire circumstances. Yes, the human spirit prevails!

From the use of technology to the artistic face masks the results have been amazing. Who would have thought we could do Equine Assisted Psychotherapy remotely? Yet, through technology with cell phones, cameras, speakers, photographs, videos and Zoom we can help clients who are struggling. We can continue our meaningful work with horses.

Our words and examples are life-giving to others. We have gifts to share and it is our responsibility to inspire and empower our fellow sojourners as we move beyond the pandemic and into new adventures.

“May the Force be With You!”

¹Castrioto, Louis J. *Leg Up: The Courage to Dream*. New York: Blooming Twig Books, 2013.

Interesting Articles for Horse Lovers

Equine Allergy Awareness Month: https://thehorse.com/188381/kineticvet-the-horse-bring-you-equine-allergy-awareness-month/?utm_medium=Health+enews&utm_source=Newsletter

Sweet Itch: Itching for a Cure: https://thehorse.com/157859/sweet-itch-itching-for-a-cure/?utm_medium=Health+enews&utm_source=Newsletter

See if These Items Are on Your Calendar!

Global Civility Awareness Month. Show respect for others in every day life.

Mental Health Month. It's estimated that one in five Americans has some form of a mental health issue.

National Good Car-Keeping Month.

National Meditation Month. Learn to quiet your mind, focus on your breathing, and appreciate the stillness.

Choose Privacy Week, May 1-7. Raise public awareness regarding privacy concerns in our digital age.

Update Your References Week, May 3-9. Now is good time to check in with the folks providing your personal and professional job references.

Teacher Appreciation Week, May 4-8. Especially this year with the Pandemic!

Hug Your Cat Day, May 1.

Learn to Ride a Bike Day, May 2.

No Diet Day, May 6.

Letter Carrier's "Stamp Out Hunger" Food Drive, May 9.

Stay Up All Night, May 9.

*****Mother's Day, May 10.**

Give her some flowers and take her out to brunch. ***

Healthy Living

Make Fitness a Part of Your Daily Routine

The warm sunny days of May invite us to go outdoors and play. It's also National Physical Fitness and Sports Month, so you have no excuse to be sitting on the couch doing nothing. Even if you think there's not enough time in your busy day to squeeze in a workout, you can find the time to make fitness part of your day.

According to Cat Kom, here are four strategies that will help you get active:

- 1. Make it a part of your day.** Check your schedule and you're sure to find 30 minutes to an hour you can set aside for a workout.
- 2. Do what you love, and then some.** Start with an activity you like and will be easy for you to commit to it.
- 3. Try something new.** Consider spinning, hula hooping, working out with resistance bands, or a cardio-trampoline class.
- 4. Be reasonable.** Some weeks will be more challenging than others, and there just won't seem like there is enough time to squeeze in a workout, but you can. The point is to do something physical every day.

Success & Personal Growth

Selling Yourself without Selling Out

It's one of the oldest clichés in the business: Sell yourself. But a lot of people loathe the idea of selling at all. They associate it with con-artistry and insincerity.

The biggest problem with the concept of selling is that it puts the focus on something that is outside rather than inside. It poses the impossible task of climbing into the heads of clients or customers and pretending to know what they want.

But if you want to improve your career opportunities, you'll want to start with a clear focus on yourself.

The first step is to know yourself. You do this by knowing what you want and where you want to go. Ask yourself some clarifying questions. What strengths do I possess? What are my most common stumbling blocks? How can I enhance my effectiveness? What is my biggest challenge?

Continued on P. 4

Anecdotes

Words of (Questionable) Inspirational Value

Affirmations can guide us in our lives with motivation or inspiration. Some, though, may have the opposite effect:

- My intuition almost always makes up for my lack of good judgment.
- I don't have to suffer in silence when I can still moan, whimper, and complain.
- Forgiveness is cheaper than a lawsuit, but not nearly as gratifying.
- I am at one with my multiple personalities.
- Why should I waste my time reliving the past when I can spend it worrying about the future?
- I am willing to make the mistakes if someone else is willing to learn from them.

Social Media

Tech Tips for the Home

Everyone loves technology, but to ensure such devices are properly used in a family environment, it is essential that they complement the time families spend together.

One good tip to keep family relationships flourishing in today's tech-oriented world is to create a home that is filled with activities.

A balanced home environment should allow access to art projects, board games, and outdoor and indoor exercise in addition to technology. Children should be encouraged to put the technology aside from time to time and engage in activities such as baking, cooking, and joint learning.

It is also a good idea to help children to understand that tech devices are not just for entertainment but can also assist them to achieve goals. There are many great ways in which tech can be used to help kids be more efficient and assist with learning.

Teaching them to make use of goal-tracking apps is also an effective method of establishing good habits.

Nutrition

Healthy Nutrition Tips

Health and good nutrition go hand in hand, so taking notice of good nutrition tips is also a great way to improve your overall health and well-being.

One good nutrition tip is to avoid drinking sugar calories. Calories in liquid sugar are not measured by the human brain in the same way as solid food, with the result being more calories. Drinks that are full of sugar have been strongly linked to obesity and other health problems, including heart disease and type 2 diabetes.

Many people are worried about caffeine intake, but the good news is that so long as you do not drink to excess, coffee is actually good for human health.

The drink is very high in antioxidants and a reduced risk of illnesses, including Alzheimer's and Parkinson's diseases have been associated with the beverage, as has increased longevity.

Avoiding dieting is another good tip. Diets are notorious for their ineffectiveness, particularly in the long term, and the adoption of a healthier lifestyle is the only true guarantee of weight loss.



Cont. from p. 2

You also need to know your value. What accomplishments are you most proud of? What do you do best? How are you unique?

Once you know what you want and what your value is, the next step is to communicate. True communication will reveal a genuine passion and will be conveyed clearly and honestly. When you do this, you might be surprised how things start “falling into place.”

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR FRIENDS

Happy Trails

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From the desk of Susan Jung, LPC

Don't Forget to Sign up for our Continuing Education Series:

May 29, 2020: Trauma Focused CBT for Kids—Adding Horsepower

June 12, 2020: Using a Little Horse Sense to Keep on the Ethics Trail

September 12—Save the Date: Supervising a School Counselor's Journey to Licensure

Visit our website to register:

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