



April, 2020

Hello and welcome to the April 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

Talking about our problems is our greatest addiction. Break the habit. Talk about your joys.

—Rita Schiano

Everything will be okay in the end. If it's not okay, it's not the end.

—John Lennon

Family isn't always blood. It's the people in your life who want you in theirs. The ones who accept you for who you are. The ones who would do anything to see you smile and who love you no matter what.

—Unknown

The Gift of Time

As I reflect on the state of our nation right now with the Covid-19 reality, I understand the anxiety and stress surrounding the situation. If you listen to the news media more than 10 minutes a day, you easily become caught up in the fear and angst that is constantly being blasted to the viewers. While this for sure is probably the most serious widespread crisis I have ever experienced in my life time, we are not without hope and we can find calm and peace if we allow ourselves to look for it!

When I used to be a riding instructor, sometimes a client would cancel at the last minute. I already had the horse groomed, saddled, and ready. I could have been frustrated that I went to all that trouble. After all, I was losing an opportunity to advance my student's skills, but I was also losing income. But...I always said, **"it's a gift of time."** My usual next step was to either hop on the horse and ride, or do some groundwork with the horse—how cool was that?

Our quarantined time now is a gift of time also. It's a time to slow down, to enrich our relationships (since we have *so much* together time), and to do some things we've been wanting to do but didn't have the time. Yes, there are real worries – financial, isolation, basic needs, what if's, you name it – but I encourage you to give yourself **"the gift of time"** and enjoy at least a part of your day. Happy Trails - Susan

Interesting Articles for Horse Lovers

Horse Owner Help During Covid-19

https://thehorse.com/186173/horse-owner-help-during-covid-19/?utm_medium=Health+enews&utm_source=Newsletter

Feeding Horses During Reduced Work

https://thehorse.com/186272/feeding-horses-during-reduced-work/?utm_medium=Health+enews&utm_source=Newsletter

See if These Items Are on Your Calendar!

National Card and Letter Writing Month. Before technology ruled our lives, before the invention of the telephone, people took pen to paper to express their thoughts and feelings.

Stress Awareness Month. Look out for strategies to deal with stress – we sure have enough of it right now!

Holy Week, April 5–11. A Christian observance beginning with Palm Sunday and culminating with Easter.

Explore Your Career Options Week, April 6–10.

Administrative Professionals Week, April 20–24.

Stewardship Week, April 26–May 3. Protect our natural resources.

April Fools' Day, April 1.

National Siblings Day, April 10.

Easter, April 12. Christians celebrate the resurrection of Jesus Christ following his crucifixion on Good Friday.

Tax Day, April 15.

Earth Day, April 22.

Denim Day, April 29. Wear jeans to promote protection of sexual abuse victims.

Healthy Living

Longevity Tips

Everyone wants to live a long and healthy life, and in today's world, this is more likely than ever with advances in science and medicine. There are also a number of simple tips that individuals can take note of in order to increase their longevity.

One such tip is to make your life spicier. The consumption of chili peppers brings with it a decreased risk of developing cardiovascular disease, according to at least one study in 2019, with mortality from any cause being 23 percent less likely for people who regularly eat chili peppers.

Staying positive doesn't just feel good, it also increases your chances of living longer. An optimistic outlook adds an 11 to 15 percent average longer life span and also increases the odds of living to at least 85, if not longer. While no one can be positive at every moment of every day, reducing pessimistic thinking is a health boon.

Sleep is also a factor in longevity. Sleeping around seven or eight hours per night will help you to live longer than sleeping too little (fewer than six hours) or too much (more than ten hours).

Success & Personal Growth

Start Your Morning the Right Way

If you grab a doughnut and dash out of the house in the morning, you might be in an unhealthy rut. Here are a few ideas for you to start your morning in a better way:

- Get up 20 minutes early so you don't have to rush.
- Listen to a relaxing CD in the morning instead of the morning news.
- Get rid of that annoying alarm clock, and buy one that wakes you up with a light aroma or pleasant tones.
- Think of all the things for which you are grateful.
- Get centered before you go out into the world. Take a few minutes to meditate or do yoga.
- Get up early enough to do a short exercise routine.
- Set one goal or intention for the day. Close your eyes and concentrate on what it is you want to accomplish.
- Write in your journal.
- Drink your favorite beverage from your favorite mug, and take a few minutes to absorb the entire experience.
- Get up with the sun and take a relaxing walk.

Anecdotes

Humbling Lesson

In honor of spring and National Frog Month, we offer the following folktale:

Of all the creatures that came to the watering hole, Frog was the only one that did not have a tail. The other animals taunted him over it, making him feel inferior and ugly.

So Frog visited the Sun God and asked him for a tail. The Sun God granted Frog his wish on the condition that Frog watch over the Sun God's special lagoon. Frog agreed.

Soon a terrible drought seized the area, and the Sun God's lagoon was the only watering hole available for many miles. Creatures from all over the land came to Frog's new home in need of water.

But Frog was very full of himself with his new long tail and his powerful position as keeper of the only watering hole. His sense of entitlement had mushroomed, as had his self-esteem. And because he had never forgotten how the other creatures used to tease him, he turned away every animal from the lagoon without giving them so much as a sip.

After a while, word of Frog's antics reached the Sun God, who decided to verify this behavior firsthand. He found Frog swishing through the water, gleefully flaunting his tail. As the Sun God approached the water's edge, he heard Frog shout, "Whoever you are, move along! This water is not for you! This special lagoon is mine to do with as I please—because I am the most beautiful of all creatures."

Angered, the Sun God exiled Frog and cursed him for the rest of his days. Now, every spring Frog is born a tadpole with a long tail. As he grows, the tail shrinks until it disappears—to remind Frog that the only reward for spiteful and arrogant behavior is the loss of things one truly cherishes in

Social Media

Tips for Healthy Social Media Use

Most college students in the US. spend several hours every day using social media platforms and in an age of constant usage, social media can have a big impact on the identities and experiences of young people, and even on their mental health.

The good news is there are more positive and healthy ways to make use of social media.

One good tip is to ensure that you are supporting a healthy community online. Before joining a community, take a look around and see if the people already there have a healthy and positive attitude or if becoming a part of such a community would likely be a source of stress. If it is the latter, the best idea would be to find another online community more suited to your personality.

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How to Start an Emergency Fund

Experts advise you to have an emergency fund of money stashed away in case you get fired, someone gets sick, you lose your home, **the Corona Virus strikes**, or some other misfortune. But how much should you have in your fund? The *CNBC* website spells it out for you:

First, determine your income after taxes. Look at your salary before state, federal, and other taxes have been withheld, then figure out your tax bracket to calculate what's left. For example, if your yearly salary is \$63,000 and your tax bracket is 20 percent, you're left with \$49,140.

Now divide that figure by 12 months. You've got \$4,095 as monthly take-home pay. You'll want to save at least that much in your fund. If that sounds overly ambitious, consider that the average American spends around \$3,900 a month on food, housing, utilities, transportation, health care, and other essentials, according to the Bureau of Labor Statistics.

Most experts advise having at least three months' salary in your fund. Some say more. Decide what's desirable and practical, and start your fund today.

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It is important for people to live in the moment. While videos and photos are important, it is crucial to experiences and connections to be aware of the present moment. Studies show that media usage can change or even reduce the actual memories of events in our lives, so people should avoid too much reliance on such media.

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

Opportunities:

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

May 15, 2020: Using a Little Horse Sense to Keep on the Ethics Trail

Visit our website to register:

www.winningstrides.net

