



Presents: *Straight from the Horse's Mouth*



The Global Standard for
Equine Assisted Psychotherapy
& Personal Development™

Eagala 20th Anniversary Conference

I recently attended the 20th Anniversary Eagala Conference in Lexington, KY. What a celebration! With 650+ in attendance from many countries all over the world, it was a chance to renew friendships and make new ones.

The general sessions were awesome and inspiring, denoting the theme of "Past, Present, and Future." There were many opportunities for accolades for Lynn Thomas, co-founder and executive director of Eagala. Former Board members were recognized, as well as those of **US** who were 20-year members (wow – I can't believe I've been at this for so long!).

The break-out sessions were well organized and well-presented. Topics included trauma, veterans, play therapy, ethics, research, equine assisted learning programs, and of course, horses. Arena time was done differently than previous conferences. Each breakout block included the choice of an arena session in a small, intimate arena adjacent to the hotel.

We had a closing ceremony with a huge circle around the room. An African proverb was presented that went something like this: "We can go it alone and go faster, but we can go together and go farther."

My opinion? This was the best conference ever!

Interesting Articles for Horse Lovers

https://thehorse.com/185094/home-is-where-the-horse-is/?utm_medium=Farm+barn+enews&utm_source=Newsletter

https://thehorse.com/166042/the-accident-prone-horse/?utm_medium=Farm+barn+enews&utm_source=Newsletter

MARCH 2020

Hello and welcome to the March 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

The greatest healing therapy is friendship and love.

—Hubert H. Humphrey

Do one thing every day that scares you.

—Eleanor Roosevelt

The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.

—Vince Lombardi

Whenever things go a bit sour in a job I'm doing, I always tell myself, "You can do better than this."

—Dr. Seuss

See if These Items Are on Your Calendar!

Employee Spirit Month. It's that time of year. Raise the bar and make morale the No. 1 priority in your workplace.

National Nutrition Month. The Academy of Nutrition and Dietetics wants you to "Eat Right. Bite by Bite" in 2020.

National Consumer Protection Week. March 1–7.

Words Matter Week. March 1–7.

Blame Someone Else Day. March 13. Because it's Friday the 13th and guaranteed to bring some calamity, if you're the superstitious type, you might as well dodge the responsibility for all your other mistakes and bad choices. Warning: Tomorrow might be just as bad, if not worse.

St. Patrick's Day. March 17.

United Nations International Day of Happiness. March 20. Everyone deserves to be happy. In fact, there are 17 criteria that contribute to people's ability to live happy, healthy lives. Visit www.un.org/en/events/happinessday/ to learn about the U.N.'s 17 sustainable development goals and what you can do to increase happiness in our world.

Walk in the Sand Day. March 21.

Healthy Living

Exercise Lowers Depression Risk

If you or someone you know suffers from depression, this news could help. An article on the *MedicineNet* website reports that 35 minutes of exercise a day could help lower the risk of depression, even among people with a genetic predisposition for it.

Researchers at Massachusetts General Hospital in Boston analyzed two years' worth of medical records and genetic information from close to 8,000 people. They calculated a genetic risk score for each person that predicted the likelihood of depressive episodes. The data showed that people with a higher genetic risk were likely to be diagnosed with depression within two years, but physically active people with the same score—or even a higher one—were less likely to suffer from depression. For every four hours of exercise a week, the risk of depressive episodes decreased by 17 percent. Both intense, aerobic workouts and low-intensity practices like stretching and yoga showed the same effect.

Getting active may be the key to mental as well as physical well-being.

Success & Personal Growth

Steps to Building a Team

Teamwork doesn't come naturally to all groups. As a leader, you sometimes must show people how to work together on a team and why it will be to their advantage. Here's a four-step process:

- **Ask the group to create a model of ideal team player behaviors.** This can start with a simple question: "Think of a time when you observed a team—or were part of a team yourself—that practiced teamwork well. What did the team members do?"
- **Select the most important behaviors.** Choose six essential behaviors from your list.
- **Identify examples.** You and the group should think of powerful, easy-to-remember illustrations of the behaviors you've spotlighted.
- **Pull it all together.** Combine your list of ideal team behaviors with your list of examples of those behaviors. Now you've got a model for team members to follow—one that your team helped to create.

Anecdotes



Must Love Pets

There's nothing more magical than the moment you lock eyes with a shelter dog or cat and realize you've found a soulmate. Pets teach us about responsibility and unconditional love and bring us years of pure joy and happiness. That's why March is all about honoring our beloved animal companions.

On March 1st, we celebrated National Pig Day because they are cute and smart and make pretty darn good pets. If you need something to daydream about, March 3rd was If Pets Had Thumbs Day—a time to imagine all the ways your pet could prove to be your bestie if they had opposable digits.

If you don't have a pet but are looking to adopt one, National Puppy Day/Cuddly Kitten Day is March 23rd. Because their fierce independence can lead some to take a hands-off approach with care, March 28th is Respect Your Cat Day. (There's a rumor that felines around the globe, both feral and domestic, united to create this observance.)

No matter what kind of pet you have, show them a little extra love this spring.

Social Media

How to Build Stable Connections on Social Media

Social media is a great method of finding new connections, offering access to a rich resource of relevant information about other professionals that can create a strong relationship.

There are several tips that can help to build a stable connection via social media.

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How Morning Health Habits Can Help with Weight Loss

Early morning habits play a crucial role in health as well as fitness levels and can even impact on gaining or losing weight. It is not easy to lose weight and when the weight remains on even when you have a made conscious effort to lose it, frustration can result. However, extra weight can often be the result of unhealthy morning habits.

Breakfast is the day's most important meal and a high-protein breakfast is particularly valuable to those wanting to lose weight, offering a fuller feeling for a longer time that will cut out the desire for mid-morning snacks.

Drinking water first thing in the morning can also help with weight loss, ensuring that you remain hydrated and increasing your metabolism which in turn brings down your overall intake of food and helps with weight loss. You should check your weight every morning. This can assist you to stay focused on your desire to lose weight and make healthier choices during the day ahead.

Social Media, cont.

One good tip is to go into any new connection with the intention of starting a conversation. People are tired of making loads of introductions that never go anywhere, so start an interaction that is target-specific with someone you really want to do business with and make a real effort to begin a real conversation.

People on social media often portray themselves in a different way than is the case in real life or even other kinds of digital communication. Practice empathy so that if a response seems off-putting, you might be able to better understand their point of view and close more deals over the long term.

A MONTHLY NEWSLETTER TO INFORM AND ENTERTAIN OUR FRIENDS

Happy Trails

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From the desk of

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Don't Forget to Sign Up for our Continuing Education Opportunities:

April 3, 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

