



## HR Healthy Hub The Power of Humor



Humor can help you thrive in change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process.

Humor and Stress – For some humor is a lost art, but it can be one of our most powerful 'life coping' tools. It is one of the world's most potent health supplements, non toxic, no-calorie and absolutely free. It has been shown that laughter (not just a quick giggle) reduces physical and emotional tension. Muscles tense in laughter and then relax profoundly for as long as 45 minutes. The more hearty, the more relaxing it is and the longer the positive effect. Laughter helps the body to produce endorphins, which are natural pain relievers.

A good belly laugh can stimulate your internal organs, increase your circulation, raise the level of oxygen in the blood and boost the immune system. A group of researchers found that laughing boisterously 100 times a day will give you the same effects as 10 minutes of rowing or 15 minutes on an exercise bike.

One other advantage of maintaining a sense of humor and being able to freely laugh is that it provides us with a powerful sense of perspective and ability to build relationships with those around us.

## The Anderson Employee Portal

In case you missed the previous email, we have some exciting news! We have launched our employee portal where you will find all the information you need as an employee – employee phone and email directories, HR Hub, I.T. Hub, Newsletters, Events, and links to all the dealers' websites. The portal will come up automatically when you sign into your computer, or you can scan the QR code below.



Employee Portal

# Employee Pickleball Tournament

Mark your calendar for the first Employee Pickleball Tournament coming up on April 27!

Email Andrea at [afoote@andersonauto.com](mailto:afoote@andersonauto.com) to register, or ask your supervisor.



Scan to Register

## April Events

### Thursday, April 3

Anderson Toyota sponsors the Breakfast of Champions for Special Olympics.  
Location: Calvary Sweetwater Campus

### Friday, April 4

Anderson Toyota sponsors the Kingman Special Olympics Torch Run.  
Location: Downtown Kingman

### Friday-Saturday April 4-5

Anderson Ford Bullhead sponsors the Needles Rodeo  
Location: Needles Rodeo Grounds

### Friday-Sunday April 4-6

Anderson Toyota sponsors the London Bridge Renaissance Faire & Joust  
Location: SARA Park Rodeo Grounds

### Saturday, April 5

Anderson Auto Group sponsors Hole in One for the Kiwanis Golf Tournament.  
Location: Cerbat Cliffs Golf Course

### Saturday, April 5

Anderson Powersports sponsors Hole in One for the Knights of Columbus Golf Tournament.  
Location: Lake Havasu Golf Club

### Saturday, April 5

Anderson Powersports sponsors Hole in One for the Iron Wolf Golf Tournament.  
Location: Iron Wolf Golf Course

### Sunday, April 6

Anderson Auto Group sponsors Hole in One for the Travis Mayte Golf Tournament.  
Location: Lake Havasu Golf Club

### Sunday, April 6

Anderson Auto and Powersports Group sponsors the Youth Market at the KAWS  
Location: KAWS

### Thursday-Saturday, April 10-12

Anderson Ford Bullhead sponsors Hot Rods and Harleys Car Show  
Location: Avi Casino

### Saturday, April 12

Anderson Auto and Powersports Group sponsors the Lake Havasu Special Olympics Torch Run.  
Location: London Bridge State Park

### Saturday, April 12

Anderson Auto Group sponsors Hole in One for River Dave's Charity Golf Tournament.  
Location: Lake Havasu Golf Club

### Saturday, April 12

Anderson Auto and Powersports Group sponsors Screen at Havasu Classic Car Club Movie Drive-In.  
Location: Dillard's Parking Lot

### Saturday-Sunday, April 12-13

Anderson Auto Group Sponsors the Kingman Rodeo.  
Location: Havasu Riviera Marina

### Sunday, April 13

Anderson Auto and Powersports Group sponsors the Community and Adaptive Easter Egg Hunt  
Location: SARA Park

### Friday-Sunday, April 18-20

Anderson Powersports sponsors the Boat Show.  
Location: Windsor 4

### Wednesday, April 23

Anderson Auto and Powersports sponsors Kruisin' for a Kause  
Location: Kokomo

### Thursday-Sunday, April 24-27

Anderson Powersports sponsors Desert Storm  
Location: Downtown McCulloch and Windsor 4

### Saturday, April 26

Anderson Ford Bullhead sponsors Mustangs and Coffee.  
Location: Anderson Ford Bullhead

## Anderson Anniversaries

Congratulations to employees celebrating 10 or more years in March with Anderson Auto and Powersports Group - we appreciate you!

Employee	Years	Store
April Baker	20	Ford Kingman
Owen Gattis	15	Honda
Brent Johnson	11	CDJR