

April is Stress Awareness Month

April is Stress Awareness Month, and while stress is unavoidable for the vast majority of Americans, there are many ways to help prevent and manage it. We all experience stress – yet we may experience it in very different ways. Because of this, there is no single definition for stress, but the most common explanation is a physical, mental, or emotional strain or tension. Stress is a reaction to a situation where a person feels anxious or threatened. Learning healthy ways to cope and getting the proper care and support can help reduce stressful feelings and symptoms.

Common reactions to a stressful event can include:

- Disbelief, shock and numbness
- Feeling sad, frustrated and helpless
- Difficulty concentrating and making decisions
- Headaches, back pains and stomach problems
- Smoking or the use of alcohol or drugs

Long term stress can prove to be more than just a mental issue. From headaches to stomach disorders to depression – even very serious issues like stroke and heart disease can come as a result of stress.

Learn to overcome issues you cannot change. Sometimes the stress in our lives is not something we have the power to change. Try to recognize when you don't have control and let it go. Avoid getting anxious about situations that you cannot change. Take control of your reactions and focus your mind on something that makes you feel calm and in control.

Here are some tips for preventing and managing stress in your life:

- ♦ Take care of yourself – eat healthy, exercise regularly, get plenty of sleep, give yourself a break if you feel stressed.
- ♦ Learn how to relax. Meditation and deep breathing are great ways to feel more relaxed.
- ♦ Put your feelings on paper. Getting the thoughts out of your mind and onto paper will signal your brain that the thought is safe and it no longer needs to hold onto it.
- ♦ Be proactive. Make a list of situations that could cause potential stress and then figure out which situations you can avoid or improve to manage the outcome.
- ♦ Talk about your problems. Confiding in a trusted friend or family member can go a long way in combating stress. Recognize when you need more help – a licensed professional can also provide helpful tools to help you positively process through stressful scenarios.
- ♦ Avoid drugs and alcohol. These can create additional problems and increase the stress you are already feeling.
- ♦ Do something you enjoy. Learning new skills and taking the time to do something you love creates an outlet to relieve stress.
- ♦ Smile! It may sound silly, but simply smiling can help improve your mood. Laughing is also a great way to beat stress and is clinically proven to be good for your health.

IMPORTANT Payroll Reminders

- *Timesheets are due in the office on **Mondays by 4:30PM** per your payroll schedule. You may send them in weekly (preferred).
- *Use only **BLACK** ink when filling out your timesheets!
- ***Do not** take pictures of your timesheets! Use CamScanner app or a similar scanner app. SHC needs to have clean, clear copies on file for the State of MN.
- *Please hold onto your paystubs. SHC does not keep copies.
- *If you email your timesheets, you will get an email response that your timesheets were received. Please check your email. If no response, no timesheets were received.
- *If you fax your timesheets, you must call the Office to make sure they were received!



Community Happenings....

Here is something fun for the whole family, Find the Golden Eggs in the Lakeville Parks! This is free and you will need to register at www.lakevilleMN.gov to participate. The event is #412102-01. Beginning April 9th, clues will be given out to find four golden eggs. Find all four and photograph yourself to be entered to win a spring surprise pack. Clues will be sent out via email to those who register. This event runs through April 16th.

Fare for All will be at The Burnsville Senior Center on April 27th from 3-5pm. Masking is still required and EBT or cash is accepted.

Get out and go see some spring at the Como Zoo Conservatory. This is a free place to attend. Go to: www.comozooconservatory.org to make a reservation. The address is: 1225 Estabrook Dr. St. Paul. There are many spring bulbs coming up. This is sure to make you smile! There is plenty of handicapped parking and is accessible.

Until next month ... Jim (client)



02 - Laura	13 - Jennifer
03 - Natalia	15 - Greg
03 - Ang	16 - Tin
03 - David	17 - Neveah
03 - Paul	19 - Arlyce
05 - Jane	19 - Doug
05 - Michelle	20 - Barb
06 - Devoura	21 - Elizabeth
07 - Eman	22 - Brenda
07 - Bissii	23 - Ed
08 - Tonya	25 - Catherine
09 - Jeanne	27 - Caleb
10 - Naranjan	27 - Jacob
10 - Ha	27 - Joshua
10 - Deanna	27 - Lisa
11 - Daniel	27 - Scott
11 - Monique	28 - Kassandra



Spring - Pothole Season!

Some potholes are unavoidable, but learning how to safely handle them on the road may help you save money and frustration down the road. Hitting a pothole with your car can cause a great deal of damage, particularly to the tires, rims and suspension. It is imperative that you take the proper precautions to keep your car out of harm's way. Keep these tips in mind to help minimize vehicle damage:



1. **Slow down** - The slower you drive on pothole-ridden streets, the more time you have to react. The faster you are driving when you hit a pothole, the worse the damage is likely to be.
2. **Give some space** - You should maintain a safe distance between your vehicle and the car in front of you so it's easier to spot potholes ahead.
3. **Prepare for puddles** - Puddles can be deceptively deep. Use caution and avoid puddles all together if possible.
4. **Hold tight** - Potholes can cause a violent jolt to your car, so it's very important that you have a solid grip on the steering wheel. If not, your car can veer into the next lane or you can lose control entirely.
5. **Don't brake** - You'll want to avoid braking as you hit the pothole because doing so can actually cause more damage.
6. **Keep your tires full** - Properly inflated tires will give your car added protection from potholes.



ATTENTION! Please notify Superior Home Care immediately if you have any changes to your address, phone number or e-mail. Call the office or send an e-mail to: mary@superiorhomecare.org



SUPERIOR HOME CARE

10597 165th Street West, Lakeville, MN 55044
Phone: 952-898-4911 Fax: 952-898-3088
Email: info@superiorhomecare.org
www.facebook.com/superiorhomecareinlakevillemn/