

Live & Work Wise, May 12, 2017, to Prospects

RTNS

aamanda@mnvac.org
aharrison@loveworksacademy.org>
<bill.polson@isd709.org
<corrie.knudson@lifeprepschool.org>
cphillips@ccs.k12.nc.us
<darin.riney@hamiltoncountyin.gov>
<kmiller@brookcenter.k12.mn.us
<klutgren@redwoodareaschools.com
<jjankowski@ely.k12.mn.us>:
mcrittenden@summitcounty.org
mcnamark@invergrove.k12.mn.us.
missby@wcmca.org
Murrell.Martin@schools.utah.gov
ksmothers@cde.ca.gov
<ppeterson@stanythony.k12.mn.us>
Phillips, Darrell Darrell.Phillips@fldoe.org
<meyer1@sowashco.org
rickniemela@crookston.k12.mn.us
sratliffe@iacaanet.org
valorie@aceoffloridafoundation.org
<ssplinter@questacademyMN.org
srose@northshorecommunityschool.org

abechel@hastings.k12.mn.us
<abushber@sowashco.k12.mn.us
allison.bradford@anoka.k12.mn.us
arychl@district16.org
bergp@westonka.k12.mn.us>
bjbergquist@isd194.k12.mn.us
<brogen.tami@slpschools.org:
<chris@flheadstart.org
chrisbleak@utahcharters.org
<denise.hoek@swwc.org>
director@ohafterschoolnetwork.org
<kate.anderson@isd624.org>:
mberberick@schoolmanagementse
rvices.org
<mwalz@priorlake.k12.mn.us
patricia.guilday@bsd.k12.de.us

<president@nceaep.org
terry.doolan@azed.gov

REJ

<aheinze@eatoncounty.org Address
rejected. (in re
<vicki.l.bauer@nebraska.gov
ruschmidt@wisconsinearlylearning.org>:
teacherearlychildhoodvermont@vaeyc.or
g

###

<bosthus@sowashco.k12.mn.us>:
folson@crookston.k12.mn.us
<jean.ronnei@spps.org
kay.willmoth@acf.hhs.gov
<lemckem@colheights.k12.mn.us
<ljlilana@oasbo.org>:

CHG

Kevin.Januszewski@isd742.org =
resigned; forwarded to Amy
Skaalerud, Interim Director of
Business Services:
amy.skaalerud@isd742.org.
* mdutton@communityactionuc.org = new
executive director, Karen
McCandless. Her email is
kmccandless@communityactionuc.org

UNSUB

heatherf@palmerbusservice.com
Bastin, Kim #5250 5250@YRP.CA
Jason.Carlson@tvoc.org
Jeff Ronneberg jronne@district16.org
Arpke, Carol arpke@d93.k12.id.us
Nancy.Straw@unitedcapmn.org
E911cartercounty@cableone.

Live&Work-Wise

Nothing fancy; just a fast, free, fun read to inspire hope & improve skills to cope.

From Kim Ratz – Speaker, Trainer, Troubadour, Author.

www.kimratz.com.

In this May 2017 issue:

1. Thoughts to help you Live&Work-Wise: **When Anxiety Grates - Breathe 4-6-8**
2. Another thought to help you Live&Work-Wise: **Don't wait for Stress to "Grate" - Slow Down & Contemplate**
3. A thought to help you Work-Wise: **"Playing Nice in the Sandbox" is Great Back-to-School In-service for staff, and while you're at it -- offer a BTS workshop for Parents too!**
4. A thought to help you Live-Wise: **Do you know the story behind Mothers Day & Fathers Day?**
5. A few quotes related to **"Handling Anxiety/Stress"** for the days ahead ...
6. What I do, how to contact me, and how to unsubscribe.

1. Thoughts to help you Live&Work-Wise: When Anxiety Grates - Breathe 4-6-8

In some situations when anxiety/stress grates at you, try simply taking a deep breath, or two. Certified meditation coaches tell us that by just becoming aware of your breathing and taking some long, deep breaths you help yourself transition from a sympathetic response (Fight/Flight/Freeze) to a parasympathetic response (Rest/Digest). One specific technique to do this is called the **"4-6-8"**; here's how it works:

* **Inhale for 4 seconds,**

* **Hold your breath for 6 seconds** to saturate your bloodstream with fresh oxygen,

* **Exhale slowly for 8 seconds** to release as much carbon dioxide and toxins as possible.

Focusing on the counting helps distract you from the situation causing anxiety, and the chemical reaction starts to lower your stress and anxiety immediately, helping you feel more calm and at ease. So the next time that stress or anxiety starts to grate, chose to **breathe 4-6-8!**

2. Another thought to help you Live&Work-Wise: Don't wait for Stress to "Grate" - Slow Down & Contemplate

The above technique is a good way to respond when stress and tension start to grate at you and you feel distracted or pulled away from what you want to be doing. Yet some people want to also be proactive, given today's ubiquitous technology and stress-inducing environment. So how can you slow yourself down and reflect on the more important things that often seem shoved out of the way by the "tyranny of the immediacy" of things that while less important, seem so urgent?

For example, former Secretary of State George Shultz (a VERY high stress job) would regularly schedule one hour a week to shut the door to the outside world and not take calls (except from his wife and the President) and then with a pen and paper to record his thoughts he quietly reflected on the more important aspects of his work. Otherwise he felt he was always being sidetracked by other issues, and unable to get to what he felt were the bigger challenges. His premise: The only way to do great work, in any endeavor, is to consider the bigger and harder questions.

Yet haven't we all heard someone brag about "how busy they are," or how proud they are to take no or few vacation days, how many overtime hours they work, or how they sent emails or posted on social media while a life-changing event was taking place, instead of being in the moment! We carry a supercomputer with us everywhere we go now, and even put it on a table next to our heads while we sleep (and some people even use their smart phones in their sleep without knowing it because it's such a habit) ...

Whether you reserve one hour each week to quietly reflect on the larger questions in your life you didn't have

time for last week, or just put away the technology for awhile and take a walk to free up your mind from all the "stuff" that clutters and distracts your attention -- give your brain a break from the "tyranny of the immediacy" and let it wander among great thoughts and dreams that can inspire you, and clarify what you need and want to do next.

3. A thought to help you Work-Wise: "Playing Nice in the Sandbox" is Great Back-to-School Inservice for staff, and while you're at it -- offer a Back-to-School Workshop for Parents too!

While schools are barely done with one school year, your next "back-to-school" (BTS) is now only weeks away. So if you still need to make plans for a quality In-service for staff to help them improve their communication, relationship and teamwork skills, I hope you'll consider my workshop "Playing Nice in the Sandbox" which is consistently well received by pre-school and K-12 groups throughout the country.

Please note: I also offer the unique option of adding an **evening BTS workshop for parents**, to help them prepare for the year ahead with their child and tune-up their parenting skills to help their kids succeed in school. After all, the parents are still the child's first and most important teacher, and you will count on them in the year ahead, so let's help them get ready too!

I still have dates available in August and September, so if you need to arrange your BTS In-service and you contact me soon we can see if your date is available, and then discuss your needs and goals and how my programs might be able to help! For example, here's a testimonial from one group last fall:

We asked Kim Ratz to present his program, "Playing Nice in the Sandbox," to our Head Start staff in Colorado Springs. We felt this would be a great way to help our teachers and assistants learn about their own styles of communication and how they work with other team members. Staff gave great reviews on the information they received from Kim; they particularly enjoyed doing some guided, in-depth self-reflection, learning how to reframe a situation to look at things from another perspective, and respond to another person's style. After Kim's training we've noticed a better awareness of the need to look at certain situations from another perspective, and our coaches met with Kim to discuss how they can facilitate their teams to apply the strategies to different circumstances. I would most definitely recommend Kim Ratz as a presenter for other Head Start groups. His teaching style and ability to get the audience to participate in fun activities creates a hands-on learning environment for everyone. - Dorothy Fredrick, Curriculum, Instruction and Training Coach, Community Partnerships for Community Development, Colorado Springs, CO.

4. A thought to help you Live-Wise: Do you know the story behind Mothers Day & Fathers Day?

The first known observance to honor parents traces back to 17th century UK, an event called "Mothering Sunday." About 300 years later, Anna Jarvis created the American incarnation of Mothers Day in 1908, and in 1914 President Woodrow Wilson signed a proclamation designating the second Sunday in May as a national holiday to honor mothers. Ironically, Jarvis would later renounce the holiday's commercialization and spent the latter part of her life trying to remove it from the calendar.

Sonora Smart Dodd organized a Father's Day celebration at the YMCA in Spokane, WA in 1910. She got the idea a year earlier while celebrating the 2nd annual Mothers Day in 1909, and did it to honor her father, a veteran from the Civil War who was a single father and raised his six children at the Spokane Y. However, it was not until 1972 that the day honoring fathers became a nationwide holiday in the U.S.

As a parent, and a professional who works with fathers and mothers, these are important holidays to me because being a good father has always been an important role and goal. This really hit me in 1999, when our two children were graduating from college and high school and spreading their wings to fly ... While presenting my Parenting workshop "The Fun & frenzy of Fatherhood" I kept hearing one particular comment from attending parents which caught my attention: "I know my dad loved me. He never told me, but I know he did." I began to wonder if my kids really knew how much I loved them as they were launching their own lives, knowing our

relationships would be evolving yet again ...

So I created two personal books as graduation gifts to make sure they knew many thoughts and feelings I have about them and being their dad. And while I'm pretty verbal compared to most men, there were still many thoughts I hadn't shared with them, and it meant a lot to each of them to hear me say it. This led me to self-publish "To My Daughter (and "To My Son") -- Do You Believe? Thoughts from your Father's Heart," to help more fathers connect more deeply with their daughter(s) and son(s). They are a great gift to a child who is a teenager or older (so they understand and appreciate what dad is sharing) for many special occasions including: Graduation, Fathers Day (tell your daughter/son you already have the best gift a dad could ever have - THEM! :), going off to college in the fall, a religious confirmation, birthday, or holiday, or when they get married, or become a parent. Plus -- there are 2 blank pages at the end for dad to write his own thoughts from his heart. For just a little more than the price of a fancy gift card dad can say so much more -- each book is only \$10 (tax incl.) plus S/H!

You can now order and pay for the book through my Amazon page, use your PayPal account, or print out an Order Form and mail it with a check. All of these methods are available at my web site - www.kimratz.com. Understanding peoples' hesitation to click links these days, you can also just paste or type that URL into your browser so you know you're going to my web site. Then click "Books, CDs & Articles" where you'll find more info about the books, and how to order.

To all you fathers this month, and all you mothers last month -- keep the faith, and keep doing your best in this important journey we call parenting. It can be one of the hardest, and most rewarding roles we will ever take on, and I celebrate and salute all parents who are striving to do the best you can!

5. Speaking of stress and parenting, a few quotes related to "Handling Anxiety/Stress" for the days ahead ...

The greatest weapon against stress is our ability to choose one thought over another. - William James

If you don't think your anxiety, depression, sadness and stress impact your health, think again. All of these emotions trigger chemical reactions in your body, which can lead to inflammation and a weakened immune system. Learn how to cope, sweet friend. There will always be dark days. - Kris Carr

It's not stress that kills us, it is our reaction to it. - Hans Selye

One of the best pieces of advice I ever got was from a horse master. He told me to go slow to go fast. I think that applies to life. We live as though there aren't enough hours in the day but if we do each thing calmly and carefully we will get it done quicker and with much less stress. - Viggo Mortensen

Letting go helps us to live in a more peaceful state of mind and helps restore our balance. It allows others to be responsible for themselves and for us to take our hands off situations that do not belong to us. This frees us from unnecessary stress. - Melody Beattie

There's a terrible price to pay for stress in your life - it really takes a hit on your heart. - Leeza Gibbons

We all have those things that even in the midst of stress and disarray, they energize us and give us renewed strength and purpose. These are our passions. - Adam Braun

The time to relax is when you don't have time for it. - Sydney Harris

Worry and stress affects the circulation, the heart, the glands, the whole nervous system, and profoundly affects heart action. - Charles Mayo, M.D.

There can't be a stressful crisis next week. My schedule is already full. - Henry Kissinger

That the birds of worry and care fly above your head, this you can't change. But that they build nests in your hair, this you can prevent. - Chinese Proverb

Stress is when you wake up screaming, and then realize you haven't fallen asleep yet. - Unknown

Tension is who you think you should be, Relaxation is who you are. - Chinese Proverb

Slow down and everything you are chasing will come around and catch you. - John De Paola

When I look back on all these worries, I remember the story of the old man who said on his deathbed that he had had a lot of trouble in his life, most of which never happened. - Winston Churchill

6. What I do, how to contact me, and how to unsubscribe.

I specialize in helping people create more harmony in their own life, and in their relationships with others, by making Congruent Choices - aligning your Attitudes, Aptitudes and Actions - so at days end you feel Content, not regret. I do this by sharing keynotes and workshops that inspire hope and help people improve skills to cope (Personal Excellence, Communication & Relationships, Teamwork, and Leadership), and original music, stories and humor to induce some fun along the way!

If you need a presenter who shares content, energy and inspiration, call me so we can discuss what you need, and how I might be able to help!

More info: www.kimratz.com.

Contact me: Click "Reply," or call me at (952) 938-4472.

To Un-subscribe: Click "Reply" & write "unsubscribe" in Subject line to be removed from the list.

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