

August Events

August 3rd	National Watermelon Day
August 6th	Friendship Day
August 9th	Book Lover's Day
August 12th	World Elephant Day
August 15th	Relaxation Day
August 19th	Aviation Day
August 26th	National Dog Day



Train Your Kids To Handle Money Responsibly

If you're tired of arguing with your kids about money, don't despair. You can help your children develop a healthy relationship with money by following a few simple steps:

- ▶ **Give them an allowance.** Agree on a reasonable weekly or monthly amount and then let your child know that he or she must stay within that allowance. Then stick to it. Creating this habit now will teach them to be responsible about their finances as adults.
- ▶ **Give them responsibilities.** Don't link allowances to household chores. Let your children know they're responsible for helping out around the house without expecting pay.
- ▶ **Let them see you paying bills.** Expose them to the fact that bills are part of everyday life. Show them how you write checks and examine bills for errors. Encourage them to ask you questions about the entire bill-paying process.
- ▶ **Teach teens about credit.** Before they go off to college or out on their own, teach your teenagers not to take good credit for granted. Discuss the consequences of abusing credit cards, such as damaging their credit rating, interest rates, and getting over their heads in debt.



Pay Attention To Mental Health At Work

Employees' physical safety is every manager's responsibility, but so is their mental health. Depression, stress, and other problems can interfere with an employee's ability to do his or her job, as well as endanger the safety of everyone on the team. Here is some advice for managers concerned about their employees' emotional well-being:

- ◆ **Educate yourself.** Do some homework on workplace mental health so you know what to look for.
- ◆ **Talk to your team.** Raise their awareness of mental health issues. If possible, bring in an expert to discuss the issues.
- ◆ **Remove the stigma.** Encourage conversations about mental health so people won't feel embarrassed or shamed about opening up.
- ◆ **Help employees.** Connect your workforce with resources for dealing with mental health issues. An employee assistance program can work with them to find reliable treatments.



Do You Have A Question About Car Maintenance That You Want Answered?

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The Heat Is On: Don't Overwork Yourself In Hot Temperatures

If you're working outside under the hot August sun, you know that staying cool can be a challenge. It's vital to your productivity and safety, of course, so take the proper steps to keep the heat from striking you down:

- ✓ **Water.** Drink lots of it. Keep a water bottle handy in a shaded location so it doesn't get too warm, and try to drink at least a cup every 20 minutes, whether you feel thirsty or not.
- ✓ **Shade.** Avoid direct exposure to the sun when possible. Look for areas that aren't already hot from sunlight earlier in the day, and where breezes can cool the air somewhat. Remember your sunscreen.
- ✓ **Breaks.** Supervisors shouldn't expect workers to stay on the job without rest for a full eight hours. Schedule regular breaks so everyone has a chance to cool down, get some water, and recover from the heat.
- ✓ **Acclimation.** The body can learn to adapt to hot conditions, but don't force it. Build up your tolerance for heat by gradually extending the amount of time you work in the sun.
- ✓ **Buddies.** Keep an eye on your co-workers, and ask them to watch you for any signs of heat-related illness. People often don't recognize the symptoms quickly enough.
- ✓ **Protective Clothing.** Lightweight, light-colored and loose-fitting clothing helps protect against heat.

What A Safety Commitment Looks Like

Employee safety calls for a commitment from management. But what does that kind of commitment look like? The Maine Department of Labor's SafetyWorks website spells it out:

- ★ **Policy.** Create a written policy emphasizing the importance your organization places on workplace safety and health.
- ★ **Resources.** Commit the time, money, and personnel necessary to protect your workforce.
- ★ **Meetings.** Hold regular safety meetings with specific safety topics.
- ★ **Expectations.** Let employees know they will be expected to follow safe work practices on the job. Follow them yourself.
- ★ **Listen.** Respond to all reports of unsafe or unhealthy conditions or work practices.
- ★ **Investigate.** If injuries or illnesses occur, find out why.
- ★ **Go beyond.** Address all potential hazards, whether or not they are covered by laws.



Beat The Fear Of Getting Started

Numerous supervisors perceive employees who engage in procrastination as lazy, yet laziness might not provide the complete explanation. The reluctance to initiate a project can be attributed to fears of risk, commitment, or failure.

Instead of chastising your employees outright, it is crucial to understand the concerns they have regarding the task. Are they confident in their training? Do they possess the necessary resources? While there are undoubtedly some lazy workers, a significant number of employees may simply be apprehensive about taking the first step. Offer them the encouragement they need to overcome their fears and begin their work.



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Help Wanted?

A woman approached the manager of a large department store.

"Excuse me, are you planning on hiring any extra help?" she asked.

"Im sorry, we're not, " the manager replied politely. We already have all the staff we need."

"Good," said the woman. "Then would you mind finding someone to wait on me?"



Thank You For The Kind Words

"This shop is exceptional. I've been bringing my cars there for over 10 years. ★

They do everything well and are lovely people to boot."



Choose The Right Food To Combat Stress

We all have our go-to foods when we're stressed out—chocolate cake or a bowl of ice cream. But certain foods can actually help you relax without blowing your diet. Consider these alternatives:

- ➔ **Leafy greens.** Spinach, lettuce, and other leafy vegetables can help your brain produce dopamine, which can calm you down.
- ➔ **Turkey.** The tryptophan in turkey boosts serotonin levels, relieving depression.
- ➔ **Salmon.** Salmon is high in omega-3 fatty acids, which can inhibit hormones that cause stress.
- ➔ **Cashews.** The zinc in these nuts can reduce anxiety and depression.
- ➔ **Citrus.** The vitamin c in citrus fruits assist the body in returning blood pressure and cortisol to normal levels after peaking.



Are You Feeling Tired All The Time?



Consider giving up your caffeinated coffee or tea for a short period to see if your energy or sleep improves as a result. Give it a try, it might work!



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What's Inside?

- August Events -
- Money Saving Offers -
- & Much More!



What's The Answer?



What Foods Can Help Combat Stress?

How Can You Teach Your Kids To Handle Money Responsibly?

What Are 7 Ways You Can Commit To Safety At Work?

How Can You Stay Safe While Working In The Heat?

*The Answers To These And
Many More Questions Are Inside*

