

JimsJournal.net - Your Home News

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April 2021

Regroup and Recharge

Dear Friend,

Do you know April is one of my favorite months? I can't help but be in a good mood even though I'm admittedly still bundling up a bit on early mornings. All those flowers popping up with color everywhere and the unexpectedly sunny days are just so delightful— they always seem to produce a smile.

I hope this month's newsletter also produces a smile, with a fun quiz that is designed to test your knowledge of Women's History Month and provide some light entertainment when you have a minute.

If you're looking to refresh things at work, that likely means you're also thinking of refreshing your home workplace or your entire living space. If you think it's time to buy or sell, I hope you'll give me a call or drop me a line so we can connect and go over your options, whether you are thinking of redoing a couple key rooms or you are ready for an entirely new place to hang your hat... and your bookshelves.

Jim Urban

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The Real Reward

A young woman known to her friends as an avid online shopper discovered she had received a small cash rebate from a purchase. It wasn't expected, but seeing the envelope show up in the mail brought such a smile to her face, her roommate asked what good news she had received.

When the young lady explained she had received an extra \$500, her roommate suggested she consider lending it out in the form of a microloan to women in need who were trying to finish their education or start their own business. The successful young woman liked the idea and, on a whim, signed up with an online site devoted to microloans.

About six months later when the loan was repaid, she decided to lend out the money a second time... then a third... and so on. Several years later, she had lent out the same dollars over and over again, without ever missing the money. In the meantime, she continued to receive thank you letters and updates from many of the women who used the microloan, made possible through her check, to transform their own lives.

Although she has long since moved on from her roommate situation and is now a homeowner, she still sends her old friend a letter every year, sharing a few details of all the women she has helped. Each time, she thanks her old friend for making the suggestion years ago. That first loan changed the meaning of money for her, while changing the outcome for others at the same time.

Fun Day Monday March 2021

The initials TMZ are synonymous with breaking news and gossip about arts and entertainment all over the world, but do you know what the letters TMZ stand for?

C. Thirty Mile Zone

Congratulations to Paul Colonell & Brandon Orr who won a \$30 donation to a charity of their choice.

Delayed Sleep Phase

Are you a night owl? Most of us can pull the occasional all-nighter, but approximately three in 2,000 adults, and 7-16% of teenagers, have trouble falling asleep within two hours of what's considered a "normal" bedtime. This is a condition doctors call delayed sleep phase (DSP) syndrome, which interferes with a person's internal clock, or circadian rhythm.

What can be done about it? Two of the most common treatments include:

- **Light/darkness therapy.** Avoid bright lights for up to two hours before going to bed. Turn on the lights as soon as you wake up, or get outside as quickly as possible to trigger a sense of wakefulness in your body.
- **Chronotherapy.** Try resetting your body's schedule by gradually adjusting your bedtime by 15-30 minutes each night, and get up earlier by the same amount of time. Another strategy is to stay up all night, then go to bed an hour earlier than normal on the next night, and maintain that bedtime for a week. Repeat weekly until you're on a regular schedule.

Don't Stress About It

No foolin'— April is Stress Awareness Month. It's important to manage stress, because it's not only emotionally taxing, but it can also be harmful to your physical health. To keep stress under control, try these three simple tips from Harvard Medical School.

Take a new approach. Much of life's stress comes from how we view the various situations we encounter. For example, two people may take on the exact same task, but only one person may find it stressful. Some of this has to do with personality,

but it also has to do with your inner narrative and how you frame things in your mind. If you aim to change your perspective, you can often reduce the number of stressors in your life.

Burn off tension. Physical activity can help get you on a more even keel. But for many people, sticking to a daily exercise schedule is itself stressful, often because they pick activities they don't enjoy. Instead, choose to do something you love— like gardening, nature walks, or a yoga practice— which can slow the harmful effects of stress. Looking forward to the activity can keep you motivated, and help you destress and recharge.

Get organized. Ever spend 20 minutes looking for your car keys or trying to find a misplaced wallet or purse? Disorganization and clutter can cause unnecessary stress. Taking time to set up some systems, such as a set location for your keys, can help reduce these daily nuisances. In addition, plan ahead when it comes to other strategies that can help you manage your stress. Create a time for exercise, plan healthy meals, and get on a regular schedule to ensure that you're getting enough sleep.

Also, if you know you're going to encounter a stressful situation, think ahead of time about how you are going to manage it. Have a plan in place to help reduce your level of stress, and prevent it from taking a toll on your health.



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"The healthy, the strong individual, is the one who asks for help when they need it. Whether it is an injury on the knee or in the soul."

~ Rona Barrett

Think Fast!

Last month was Women In History Month. Did you pick up any new facts about women who changed the world? Well, now is your chance to take this fun quiz and learn something about the role of five particular women in history:

1. Which mother led a 125-mile march of child workers from the mills of Pennsylvania to President Theodore Roosevelt's vacation home on Long Island?
2. What did Dolores Huerta do for farm workers in the United States?
3. Which Asian-American physicist disproved a fundamental scientific law?
4. Who led the movement to improve conditions for poor immigrants?
5. What singer drew a crowd of 75,000 to the Lincoln Memorial for a 1939 Easter Sunday Concert?

— ***Think you know the answers? Flip this page upside-down to check!***

1. Mary Harris Jones, who became known as "Mother Jones," led the march in 1903 to call attention to child labor.
2. Dolores Huerta, a labor activist, co-founded the United Farm Workers union in 1962 and served for more than 20 years as its vice president, chief lobbyist, spokeswoman, and labor contract negotiator.
3. Chien-Shiung Wu came to the United States to study science and become the world's foremost female experimental physicist.
4. Jane Addams co-founded Hull House in Chicago in 1889, which sought to improve the lives of immigrants by providing English classes, child care, health education, and recreation. Addams won the 1931 Nobel Peace Prize for her dedication to the cause of international peace.
5. Marian Anderson had earlier been barred from singing in Washington's Constitution Hall because she was African American. Her open-air concert was a triumph over inequality.

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- How Sellers Price Their Homes
- Making the Move Easy On the Kids
- Five Big Mistakes Home Sellers Make
- How To Buy A House With Little (Or No) Money Down

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Bringing diversity and inclusion

into your organization calls for much more than a diversity statement. It takes a solid commitment. Listen to what the *WTOP News* website has to say:

- **Define your terms.** What do diversity and inclusion actually mean in your workplace? It should start with creating a safe work environment where everyone feels welcome, valued, and respected, and everyone has equal opportunities for development and advancement.
- **Get leadership on board.** If your CEO and other top leaders don't take your efforts seriously, neither will anyone else. They have to be honest and open about what they hope to achieve, and be willing to work together with employees across the board to make progress.
- **Start small.** You can't transform an entire organization overnight. Set modest goals for increasing diversity at the outset— changing underrepresentation of certain groups, for example. Track progress over a few months, looking at success and gaps. Use the data to expand your efforts and grow.
- **Recruit with diversity in mind.** Your recruiters and hiring managers should become D&I ambassadors for your organization. Make sure they're reaching out beyond their usual sources of talent so they can attract candidates who will be a good fit for your organization, regardless of whether they check every single box for experience and qualifications.

Take Time For Hobbies

A famous art professor who had lost his interest in work went to a life coach for help. The coach asked what interested him at museums, galleries and other art displays.

"Well," the professor said, "I look around and try to find the most brilliant painter of my time. That's what I really want to find out: who is the best?"

The coach smiled, then pointed to a lady walking by outside *"See that woman right over there? That's the one."*

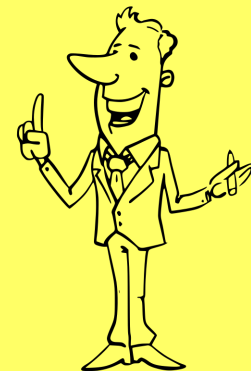
The professor frowned. *"But I know that woman and she's not an artist! How could she be the best artist of my time?"*

The coach shook his head sadly. *"Oh, she could be, just like everyone could be, if only they picked up a brush and tried to paint."*

Regain Your Joy at Work

Are you happy at work? The answer may depend on your attitude. The *New York Post* explains how to move from enduring your job, to enjoying it:

- **Keep your balance.** Don't devote your whole life to your job. When you're working, do the best you can. When you're not, do something you really like to do; relax and recharge. Value both your work life and your personal time equally.
- **Anticipate setbacks.** Not every plan will succeed. Don't be pessimistic, but take a realistic view of what could go wrong so you can plan to avoid problems or solve them as they come up. This will prevent you from being blindsided and paralyzed by obstacles in your path.
- **Reward yourself.** You've finished a big project? Celebrate. Even if you have to cut back on activities because of the pandemic, find ways to treat yourself. Plan a vacation for when it's safe to travel again, or just take a day off to do something completely different.
- **Expand your mind.** Learn something new, whether it's related to your job or not. Take an online course, study a new language, or just read something out of your usual selection. You'll keep your mind agile and discover the joy in new pursuits.
- **Remember: The grass isn't always greener.** You may think that any other job would be better than the one you've got now. That's not necessarily true. Find out what your colleagues are dealing with. You may realize that you've got it pretty good right now.
- **Consider why you have your job.** Go back and think about why you chose the career path you've followed. Chances are you saw it as an opportunity to do some good and create value. Remember that as you work, and remember to look for ways to incorporate your early dreams back into your current situation.





Smart Advice for You and the People You Care About

When You Have a Thought about Living in a New Home



The 5 Biggest
Mistakes
Home Sellers
Make



Making the
Move Easy on
Kids



How to Stop
Wasting
Money on Rent



How Home
Sellers Price
Their Homes



How to Sell
Your Home for
the Most
Money



The 5 Biggest
Mistakes
Home Buyers
Make

**Avoid Buyer's Remorse and Seller's Regret –
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I'm here to guide, lead and protect you and the
people you care about.

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