

Connecting

MAY 2022

NEWS FOR MANAGERS & MECHANICS

Top 5 Benefits of Learning New Skills at Work

From the moment we are born we start learning. It's well known that as children our brains are like sponges soaking up new information, absorbing learning as we experience new things and use our senses to explore these new experiences.

Here are some of the ways that continuing your learning and professional development will not only benefit your health (learning helps keep our brain active), learning helps us adapt to change with ease, and progress our career path. There are numerous benefits when it comes to learning new skills for work, no matter what that skill is.

It helps reduce boredom Learning a new skill in the workplace helps stave off boredom and keeps your interest levels high. Doing the same things over and over again at work can quickly lead to boredom as it becomes monotonous. However, learning new skills helps to break that cycle, making day to day work life much more interesting.

It makes you more adaptable Learning helps you become more open to change. By developing a growth mindset and believing you can learn new things you will be more adaptable to the changes happening in your profession and workplace and you will be more willing to take on new ways of working. To find out more about developing a growth mindset, see Carol Dweck's [Ted Talk](#).

Have more options to choose from It can give you greater choices - having a broader skill-set makes you more versatile to transition into different roles and sideways moves to advance your career.

Learning benefits your health Lifelong learning refers to a person of any age keeping the mind and body engaged by actively pursuing knowledge and experiences. Of course learning new skills can make you smarter but it is even shown to be good for your health! It's great brain training - neuroscience is proving just how valuable learning is in keeping our neural pathways active, reducing stress levels and potentially delaying the onset of Alzheimers!

So whether you are learning a new language, learning a new computer system or learning to knit, research suggests that keeping an active brain is as important as keeping an active body so that you can keep performing for longer.

Your knowledge will stay relevant Continuing your learning and professional development in your career keeps you up to date with advances and changes in new technology. This means you won't get left behind as innovation changes ways of working. You will stay relevant in a changing landscape as the economy evolves and technology improves.

Without becoming a learning junkie and attending everything possible it is highly advisable to think about your current and future learning and how this can help you to achieve your career goals and stay ahead of your competitors.

Remember when I talk about learning I don't just mean going on a course! We are fundamentally the same as we were when we were children; we learn most through experience or experiential learning.

As Anthony J D'Angelo says "Develop a passion for learning. If you do, you will never cease to grow." We shouldn't ever forget the importance of learning new things - whether it is inside or outside the workplace!



What
Didn't
You
Like?

Summer Workshop

Planning Is Underway!

We can't make your learning experience better if we don't know what to fix or what you would like to expand.



EMAIL YOUR IDEAS!

liz@fourpointo.com

- OR -

You're stuck
with whatever
we pick!

← →
Leave everyone and everything better than we found them—Mike Hennek

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SPRING BUILDING CHECKLIST

- CHANGE FURNACE FILTERS, VACUUM FILTER AREA IS NEEDED. VACUUM HEAT EXCHANGE RADIATORS
- INSPECT ROOF FOR LEAKS, MISSING SHINGLES OR FASTENERS
- REPAIR LOOSE OR SAGGING GUTTERS AND DOWNSPOUTS
- CHECK EXTERIOR DRAINAGE. NOTE CONCERNING WATER POOLING
- TEST SMOKE AND CARBON MONOXIDE DETECTORS
- FLUSH HOT WATER HEATER AND REMOVE SEDIMENT
- REPAIR/REPLACE DAMAGED WINDOW SCREENS
- LOOK FOR SIGNS OF WATER DAMAGE
- CHECK FAUCETS, BIBS, TOILETS, HOSE BIBS, AND SHUTOFF VALVES FOR LEAKS
- CHECK WATER SOFTENER, ADD SALT IF NEEDED
- REMOVE LEAVES, DEBRIS, AND ROOTS FROM GUTTERS, VENTS, AND OUTDOOR HEATING AND AIR CONDITIONING UNITS
- CLEAN WINDOWS. INTERIOR AND EXTERIOR
- TRIM TREES AND SHRUBS
- INSPECT AND CLEAN OUTDOOR LIGHTING
- RENEW LOOSE SIDING AND TRIM
- OIL GARAGE DOOR TRACKS, ROLLERS, AND HINGES
- APPLY FERTILIZER TO LAWNS
- MAINTAIN YARD GROWTH

The Rumor: Can Rainy Days Really Get You Down

Ever notice that as rain drops from the sky, your mood sometimes drops, too? If you feel meh on a dreary day, you might just chalk it up to coincidence. Sure, the Carpenters sang, "Rainy days and Mondays always get me down." But can rain really ruin your mood?

The Verdict: Yep, rainy days really *can* get you down

If you feel down during a downpour, it's not your imagination: Bad weather can indeed have a negative effect on your emotions. According to one study, nearly 9 percent of people fall into the "rain haters" category. This group feels angrier and less happy on days with more precipitation. Another study found that rain even increased the number of negative posts published on Facebook.

Tecia Evans, Ph.D., a clinical psychologist in private practice in San Francisco (where it rains 67 days a year, on average), says, "When it gets dark and dreary out, some people definitely have more susceptibility to feeling lonely or down. It's pretty common to see a change in mood -- such as feeling sadness or lower self-esteem -- when it's rainy outside."

If your mood tends to downshift with rainy weather, what can you do about it? Evans says that even if you've attempted to shut off the lights and crawl into bed during a rainstorm, make the choice to turn *on* the lights instead. "There has been research that light can boost serotonin, which elevates the mood," she says.

Julia Samton, MD, a psychiatrist at NYC's Manhattan Neuropsychiatric who offers light therapy in her practice, takes that advice a step further. "I encourage people to really try to make sure they walk outside, even when it's cold and rainy," she says. "Even though it might not seem that light out, you'll still get some exposure to UV rays, which can help regulate your body's circadian rhythm and boost your mood."

Cooped up inside because it's absolutely raining cats and dogs? Engage in pleasurable activities that make you feel good, such as watching a cheerful movie, playing a game, doing arts and crafts or reading a book, suggests Evans.

When you're feeling down, get up -- literally. "I encourage people to exercise... that's a big one," says Samton. "It gives people vitality, can contribute to self-esteem, and increases endorphins that have a positive effect on the mood." Work up a sweat to an exercise video on YouTube, do sit-ups or put on some music and start dancing.

Lastly, don't isolate yourself in rainy weather, warns Evans. "When people are by themselves, it can feel like things are worse than they really are," she notes. Connect with others instead of hiding from the rain alone indoors, and your disposition is sure to be sunnier -- no matter how dark and gloomy the weather may be.

BIRTHDAYS

MAY	
2nd	Dylan Evenson
6th	John Brandt
23rd	Glenda Gerold

NEED A DRIVER?

Here is a list of each school's last day

May 19th - Minneota

May 25th - Wabasso

May 26th - St. Peter, Tracy

May 27th - Eden Valley, Lester Prairie

June 1st - HLW

June 2nd - Norwood, Glencoe, Sibley East, Floodwood

June 3rd - Mound, Rockford, East Central, Carlton

June 6th - Chisago

June 8th - Pine City

June 9th - Seven Hills

June 10th - North Branch, Cromwell



****SUMMER 4.0 WORKSHOP****

Thursday August 4th & Friday August 5th

Send any suggestions to liz@fourpointo.com

MAY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 PAYROLL	5 PO LISTS DUE	6	7
8 <i>MOTHERS DAY</i>	9	10	11	12	13	14
15	16 SCHOOL DIST. BILLING	17	18	19 PAYROLL	20 PO LISTS DUE	21
22	23	24	25	26	27	28
29	30 <i>MEMORIAL DAY</i> <i>4.0 HOLIDAY</i>	31		<p><u>2nd Period Random Tests</u> 2nd period ends on Aug 31st <i>BUT an effort should be made <u>to get the tests done</u> BEFORE the last day of school</i></p>		