



## Employees Stay Positive with Inspirational Quotes

Garden of Dreams Community Preschool and Child Care, an ERN member employer, is trying something new to boost spirits and encourage positive thinking.

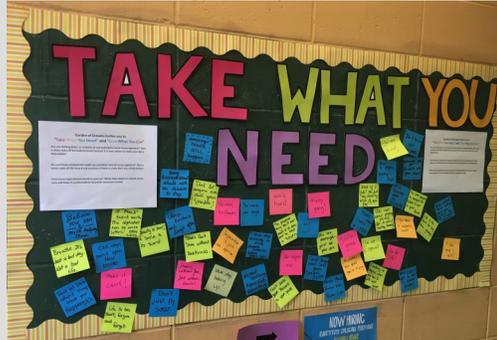
### “Take What You Need, Give What You Can.”

The inspirational quote board invites anyone who is feeling down, anxious or in need of encouragement to take a post-it quote to make their day better. They are also invited to take a post-it message to give to a friend or leave a quote behind for someone else.

### Focus on the positive.

The quote board was the idea of Garden of Dreams Director, Andrea Ryberg, to get a positive mindset going. She tasked employee, Rechel, with creating the board, searching for quotes and posting them for others to take. “The positive quotes give everyone the encouragement to see the good in every day,” said Rechel.

Try an inspirational quote board to share uplifting messages that are sure to make your workplace shine



“My personal motto is to focus on the positive instead of the negative to keep myself going and in high spirits.”



### Practice a positive attitude for success.

Employees with positive thinking help make the workplace better. An upbeat co-worker can uplift the team and affect the entire company. Employees with positive attitudes tend to be more productive than their negative co-workers.

Positive employees not only get recognized and rewarded, they are typically happier day to day in their jobs and in their lives. Being positive can be as easy as starting with a smile or a wave. Just the act of trying to be more positive can give you a different perspective.

**Stay positive during change.** When there is a change in procedures or management it can be difficult to move with those changes and stay positive. “While change is hard, it is only temporary,” said April Hall, Success Coach (Southwest Michigan ERN). “Do your best when you come to work and try not to get wrapped up in the negativity of co-workers that will bring you down.”

### Lakeshore Employer Resource Network

**Our goal...**  
Creating access and resources for employee success at work and in life. We partner with employees who work for:

### Member Companies

- ◆ Anderson Technologies
- ◆ ASPC
- ◆ CWC Textron
- ◆ Eagle Alloy
- ◆ Flex
- ◆ GHSP
- ◆ Port City Group
- ◆ Wesco
- ◆ West Michigan Molding

### Strategic Partners

- ◆ AAC Credit Union
- ◆ Grand Haven Area Community Foundation
- ◆ Michigan ERN
- ◆ Ottawa County DHHS
- ◆ Muskegon County DHHS
- ◆ United Way of the Lakeshore

**Feeling discouraged about a work or home issue?** Sometimes when you feel like life is beating you down, it’s difficult to stay positive. Try meeting with your Success Coach to solve issues that cause you stress.

Source: Michigan ERN

**Will Roberson, Success Coach**  
Will@ERNSuccessCoach.com  
231-672-5235 (cell)

### Anderson Technologies

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Thursday: 11:00am-3:00pm
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Thursday: 6:30am-10:30am

### ASPC

803 Taylor Ave, Grand Haven

- ◆ 2<sup>nd</sup> Thursday: 11:00am-3:00pm
- ◆ 3<sup>rd</sup> Thursday: 6:30am-10:30am

16955 Hayes St, Grand Haven

- ◆ 1<sup>st</sup> Thursday: 6:30am-10:30am
- ◆ 4<sup>th</sup> Thursday: 11:00am-3:00pm

### CWC Textron

- ◆ Monday: 11:00am-3:00pm

### Eagle Alloy

- ◆ Monday: 6:30am-10:30am
- \*4<sup>th</sup> Monday: 8:45am-10:30am (CNC)

### Flex

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Wednesday 6:30am-10:30am
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Wednesday 12:00pm-4:00pm

### GHSP

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Tuesday: 7:00am-11:00am
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Tuesday: 12:00pm-4:00pm

### Port City Group

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Wednesday: 12:30pm-4:30pm
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Wednesday: 6:30am-10:30am

### Wesco

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Friday: 8:00am-12:00pm
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Friday: 11:00am-3:00pm (Bakery)

### West Michigan Molding

- ◆ 1<sup>st</sup>/3<sup>rd</sup> Tuesday: 12:00pm-4:00pm
- ◆ 2<sup>nd</sup>/4<sup>th</sup> Tuesday: 7:00am-11:00am

### Walk-in Welcome

Call, email or text for appointments.  
Off-site meeting locations available.  
Request additional times if needed.



## Create a Budget SYSTEM and Save

If you come to see your Success Coach about any financially-related issue, they will most likely ask to take a look at your budget.

**Why budget?** Some people find the concept of budgeting to be restrictive and unnecessary. The real purpose of a budget is to assign each dollar to a specific place. You should never have to say to yourself “I can’t pay my bills.” Establishing a true budget will allow you to see where every dollar is spent, find solutions to short falls, and track the progress of your financial goals.

**A budget tells a story.** Heath Ring, Success Coach for the Marion ERN, stresses the importance of using a

**S - save**  
**Y - yourself**  
**S - stress**  
**T - time**  
**E - energy**  
**M - money**

system for managing your money. “When an employee and I sit down and create a budget, it reveals other areas that may need to be addressed by some form of assistance,” said Heath. “Not following a budget or trying to track everything off the top of your head can be problematic and causes an unnecessary amount of stress.”

**Judgement free environment.** Don’t be embarrassed if you haven’t been following a budget. The important point is that you are now making a commitment to start a system. Once you have a plan in place, good things are sure to follow.

Sources: Michigan ERN & Ohio ERN

## American Heart Month: Focus on Blood Pressure

“An overwhelming number of Americans are living with uncontrolled high blood pressure, putting them at increased risk for heart attack and stroke,” said American Medical Association President, David Barbe.

**Know your blood pressure numbers.** LowerYourHBP.org can help you better understand your numbers and take steps to lower your high blood pressure. Often with no symptoms, it is often referred to as the “silent killer.” If untreated, it can damage blood vessels and increase the risk for heart attack, stroke, and other serious conditions.

**Follow a treatment plan.** Work with your doctor to create an individualized treatment plan that focuses on healthy lifestyle changes that you can stick to long-term in helping maintain lower blood pressure.

**Be more physically active.** Regular physical activity can help reduce the risk of developing high blood pressure. Healthy adults 18-65 years of age should get at least 30 minutes of moderate-intensity aerobic physical activity five days per week, or 20 minutes of vigorous aerobic physical activity three days a week.

**Eat a healthy diet.** Eat less sodium and processed foods; increase your consumption of potassium rich foods.

**Maintain a healthy weight.** Take steps to lose weight - 20 pounds or more overweight could put you at increased risk of developing high blood pressure.

Source: American Medical Association

## Philosopher’s Square

“A positive attitude gives you power over your circumstances instead of your circumstances having power over you.” - Joyce Meyer