



Security

Newsletter

December 2020

Finish Strong: Five Ways to End 2020 on a High Note

By: Clearancejobs.com

What a year 2020 has been! I've been around now for 41 years, and while that is not that long, I still can't think of a worse year. It has been terrible for everyone across the globe. Thanks to COVID-19, we've had to adjust to a life of wearing masks, social distancing, and missing school and work. Many people lost their jobs, and many lost their lives or the lives of their loved ones. We're coming up on the end of the calendar year, and hopefully 2021 will have a better outlook than what we've experienced so far.

Whether or not 2021 is an amazing year or another terrible one, what is important is focusing on where you are right now and finding ways to end 2020 on a high note. It can be done. Here are some ideas of how you can end 2020 on a high note regardless of how it has gone so far

1. Learn Something New

Many of us have been stuck at home during this pandemic having to rely on Zoom meetings and VPN connections to continue working. Some of us have had work slow down, or we've had to find other streams of income to stay productive and keep paying the bills. If you have downtime and you find yourself at home, instead of binging the latest show on Netflix, learn something new. Learn a foreign language, learn yoga, learn how to paint or draw, learn a new technical skill, use your free time at home to improve yourself. This will help to take the focus off the bad stuff and will make you feel better about yourself.

QUESTIONS? Please contact us!

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Finish Strong (cont.)

2. Make New Healthy Habits

A lot of people have been stuck at home working remotely, and that has made making frequent trips to the fridge super easy. Have you experienced the “[Quarantine 15](#)?” It’s a real thing; people are at home gaining weight because our routines have been all mixed up and our stress is likely higher than normal. That is a recipe for disaster! Instead, try ending 2020 by not waiting until January 1 to work out, or make better choices nutritionally. There is nothing magical about January 1st; you can pick tomorrow to start making healthier choices – that way you can end 2020 on a healthier note.

3. Cherish the People Around You

Not much to expound on here, but I think the pandemic has shined a light on the fragility of human life. Do you take the time to call your mom and tell her how grateful you are for her? Or maybe a grandparent or a dad? Whomever you consider a loved one, stop and take the time to tell them how much they mean to you, you’ll be glad you did. And encourage the team members around you, as well. Family situations are different for everyone, and there’s never a bad time to pour into others around you. The pandemic has highlighted the reality that people are behind everything.

4. Enjoy the Holidays

The holiday season is here. Take some time off if you can, and enjoy the holidays (responsibly). Visit with friends and family where you can while social distancing of course. Buy someone a gift, make someone a gift, either way, be giving and find time to relax and recharge. The holiday season is stressful for some, but try not to let it be. If this year has taught us anything, it’s that we need to find ways to eliminate stress and enjoy who or what is around us.

5. Do Something for Someone

Lastly, do something good for someone other than yourself. Give a coworker a gift card to their favorite drink spot or lunch spot. Donate some old clothes or furniture that you no longer need. For at least one day, before the end of 2020, only think of others and what you can do for them. You will be surprised at how this can turn around negative thinking and feelings about your current situation. The recipients of your service will be happier and so will you.

Finish Strong

The end of 2020 is near, and we’re going to make it through. If we could live for thousands of years, we would have experienced multiple pandemics, and we would be better prepared. It’s hard to see that when we are only focused on what is going on right now. We’ll get through this together, and 2020 will pass. But in the meantime, do what you can to end 2020 on a high note!

Try something fun.....see next page for “Quarantine Bingo!”

Quarantine Bingo

By Pintrest

Quarantine

B I N G O

Zoom/Video Conference Meeting	Attempted a New Hair (or Facial Hair) Style	Ordered a Delivery	Tryed a New Hobby	Baked Bread
Wondered What the Heck is Going on With Tiger King?	Watch Tiger King and Still Don't Know the Answer	Cleaned House	Wore/Made a Face Mask	Phone Call Instead of a Text
Tried a New Ingredient or Recipe	Read and Finished a Book(s)		Waved to Someone at a Safe Distance	Did That Annoying Project You've Been Putting Off
Dressed Up for the Heck of It (or wore real clothes)	Planned or Planted a Garden	Had an "Eat a Snickers" Moment	Took the Dog Out 80 Million Times a Day Because She's Bored She Can't Go on Long Walks	Ate Comfort Food
At Least 80% of a Conversation About a Future Event Is "I Don't Know, Wait and See"	Fun Event or Plans Cancelled	Day Drinking	Worried Over and/or Thanked an Essential Worker	Asked Someone to Stay Home

Condo Blues