

September NEWSLETTER

HOW SUCCESSFUL PEOPLE SPEND THEIR WEEKENDS

Successful people know the importance of shifting gears on the weekend to relaxing and rejuvenating activities. This is easier said than done, so here's some help. The following list contains the things that successful people do to find balance on the weekend.

They wake up at the same time—Having an inconsistent wake-up time disturbs your circadian rhythm. When you sleep past your regular wake-up time you feel groggy and it can actually make you less productive on Monday. The best way to catch up on sleep is to go to bed earlier.

They make mornings their "me time"— If you have a family, it can be difficult to find time for yourself on weekends. Your mind is at peak performance 2-4 hours after you wake-up so take that time and use your mental focus wisely.

They schedule micro-adventures— Studies show that anticipating something good to come is a significant part of what makes the activity pleasurable. So get tickets to a concert or play, or go for a day trip! Your mood will improve from just looking forward to it.

They pursue a passion— Things like playing music, reading, writing, or painting help stimulate different modes of thought that can reap huge dividends over the coming week.

They minimize chores— Schedule your chores throughout the week so you avoid having them completely take over your weekend. They have a habit of doing that, and then you lose your time to relax and reflect.

They Exercise— Getting your body moving for as little as 10 minutes releases GABA, a soothing neurotransmitter that reduces stress. Exercise is also a great way to come up with new ideas and it sparks creativity.

They spend quality time with family— Weekdays can be so hectic that it's hard to find time for family, therefore, weekend family time is essential for recharging and relaxing. Take your kids to the park, have a date night with your spouse and go visit your parents. You'll be glad you did.

They prepare for the upcoming week—As little as 30 minutes of planning can help you gain productivity and reduce stress in the week ahead. Having that plan in place means when the time comes, all you have to do is execute.

Source: [Forbes](#)

Dates to Remember

September 4th— Labor Day (Alpha Office Closed)

September 22nd—Autumn Equinox (1st Day of Fall)



WELCOME DOUG!

Please join us in welcoming the newest Alpha Business Solutions addition, Doug Ryan. Doug joins us as a Senior Account Executive and is a valued asset to our team! We look forward to growing with him.

**IF PEOPLE LIKE
YOU THEY WILL
LISTEN TO YOU,**

*but if they trust
you, they'll do
business with you*

TAILGATING HACKS

Football season is about to begin so pay attention to these tailgating tips to make gameday a little bit easier.

- Frozen bottles of water will kill two birds with one stone. They'll help keep things in the cooler cold and you'll have ice-cold water to drink when they start to melt.
- Cook as much as you can before arriving. This way you don't spend the whole time behind a grill
- Surfaces are scarce when tailgating. Attach magnets to your koozies so that you can just attach them to the car when you need two hands for that pulled pork sandwich.
- Tie distinct balloons or flags to your car or tent so that it's easy for friends to find the right parking spot or "grey truck."
- Throw some sage or rosemary on the charcoals to act as a natural mosquito repellent.
- Pop-up and folding hampers make for the perfect garbage bins
- Tool boxes are great for organizing grilling utensils.
- Bring more trash bags to your tailgate than you think you'll need. Because sometimes, trash bags become ponchos.

SLOW-COOKER BEEF NACHOS

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|------------------------------------|-----------------------------------|
| 1 (3-lb.) boneless beef rump roast | Tortilla chips |
| Salt and pepper to taste | 3 garlic cloves, minced |
| 1 Tbsp vegetable oil | 1 (15-oz.) can black beans |
| 1 (12-oz.) jar mild banana peppers | Tomatoes, chopped |
| 1 (15-oz.) can beef broth | Onion, finely chopped |
| Shredded Monterey Jack cheese | Cilantro, avocado, and sour cream |



Season roast with salt and pepper. Brown all sides of roast in hot oil in a large skillet over high heat. Place in a 6-qt. slow cooker. Add banana pepper rings, beef broth, and garlic. Cover and cook on LOW 8 hours or until meat shreds easily. Transfer to a cutting board, reserving liquid in slow cooker. Shred roast; return to slow cooker. Keep warm on LOW. Preheat oven to 350°.

Place tortilla chips on a baking sheet; top with shredded beef, black beans, tomatoes, onion, and cheese. Bake 10 minutes. Serve with cilantro, avocado, and sour cream.

REMEMBERING

9/11/01

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