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## Food For Thought



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**Just 7 more Medicare customers can deliver over \$1 million to your top line.**

*This additional revenue offsets losses from Medicaid reimbursement rates.*

### Does your organization need to grow revenue?

Clint Maun and Maun-Lemke have over 25 years of expertise in "changing the results of healthcare". We have learned through that to assure their sustainability, LTC organizations **must not be** revenue dependent upon Medicaid.

Maun-Lemke's proven A.R.M.S. Length Revenue Enhancement System can be implemented cost-effectively through our step-by-step process and web-based computer consulting support. For information on the A.R.M.S. Length System and how your organization can achieve their full Revenue potential, call Kathy Cain or Chad Maun at (800) 356-2233.

[Are You a Victim of Self-Sabotage? Take this Self Assessment](#)

Though virtually everyone experiences stress, sometimes the way we react to stress actually amounts to self sabotage. Some people unknowingly make self sabotage a way of life, continually creating additional mental and emotional stress for themselves. They are unaware that their own actions are resulting in habitual chaos.

The following are some of the most common ways that people enable self-sabotage, and thus create mental and emotional stress in their own lives.

You could be a victim of self-sabotage if:

- **You Put Yourself Down Frequently.** If you are constantly demeaning yourself, (i.e., "Why did I do that? I'm not smart enough. It's no wonder people don't like me.") then you are sabotaging yourself. Whether it's positive or negative, what we tell ourselves can and will eventually come to fruition.
- **You Are Pessimistic More Often than Not.** If you're a pessimist, you may see things as worse than they really are, may pass up opportunities, overlook solutions to problems, and cause yourself mental stress in many other ways. Pessimism is more than just seeing the glass as half-empty; it's a specific worldview that undermines your belief in yourself, brings poorer health outcomes, fewer positive life events, and other negative consequences. Pessimism is the epitome of self-sabotage.
- **You Take on Too Much.** You may be taking on too much and putting yourself under undue pressure because of it. Whether it's because you're an overachiever or because you're not sure how to say no to others' demands, you can put yourself in a state of chronic stress if you habitually take on more than you can handle.

Carefully think about whether any of these self-sabotage characteristics apply to you. If even one rings true, you probably need to make some simple changes to ensure you're not sabotaging yourself and causing undue stress.

*"Adopting the right attitude can convert a negative stress into a positive one."*

*—Hans Seyle*

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