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## Food For Thought



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Could *your* healthcare facility benefit from this?

**Every healthcare facility can benefit from Revenue Enhancement!**

Clint Maun, CSP has **two new programs** *custom-designed* to help you enhance your **revenue streams** and deliver increased customer satisfaction, smoother operations and sustainable, long-term market viability, especially given the forthcoming changes resulting from the recent healthcare reform!

These exciting new programs bring a wealth of proven-solutions to bear on improving your facility's revenue, so you can invest in other important aspects of your business, such as staff rewards & retention, site/technology improvements, partnership integration projects and more!



## **The Continuum of Care Dating Game: Moving the Relationship from Courtship to Engagement**

*The healthcare delivery system will, and has, become a **bundled set of partnerships**. What does your post acute organization need to do for profitability and successful business growth? This program offers immediate techniques for enhancing and leveraging your hospital relationship to help you deliver better care, as well as optimize your revenue potential, for you **and** your partners.*

## **Blueprint for Growing Revenue When Healthcare Funding is Going Down the Drain**

*Do you have progressive strategies, dedicated team effort, partnerships and goals for keeping and building your revenue stream? There are winning tactics and techniques that will generate revenue **growth** - not just sustainability. Learn **proven** and **specific** action steps your team can develop and implement immediately to grow your revenue!*

**Let Clint Maun show your organization how to  
Increase Revenue Now while Preparing for Tomorrow!**

**Review Clint Maun's Biography and References at <http://www.maunlemke.com>  
or call Kathy Cain at 800.356.2233 for more information**



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### **Address the Stress in a Breath**

No doubt about it—our healthcare jobs are full of tension and stress. Fortunately, there is a quick and easy way to address the stress you feel on a daily basis. Did you know deep breathing is one of the best ways to lower stress in the body? When you breathe deeply your brain receives more oxygen, and moreover, deep breathing sends a message to your brain to calm down and relax. Your brain then sends this message to the rest of your body. All of the effects of stress, such as an increased heart rate and increased blood pressure begin to decrease as you breathe deeply.

Deep breathing certainly won't remove the chronic stress from your life, but it will almost instantaneously help your body fight the physiological effects of stress. Try this deep breathing exercise to get started!

#### **1-Minute Deep Breathing Exercise**

Perhaps as the result of a lifetime of stress, adults learn to breathe shallowly, into the upper part of the lungs. With this type of breathing there isn't much air exchanged (about half a pint), which leaves stale air in the lower lobes of the lungs. On the other hand, breathing deeply brings in about a gallon of air per breath:

1. Place your hand over your belly. Take a deep breath in. You should feel your hand rise just

slightly on the in-breath, and most likely you'll feel your hand fall even more on the out-breath.

2. Focus on your breath and feel your hand rise and fall with each inhalation and exhalation. See if you can make your exhalation last a few seconds longer than your inhalation. Take three to five deep breaths in this way or until you feel relaxed.

*"You must learn to let go. Release the stress. You were never in control anyway."*

—Steve Marabo

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