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Care professionals across the country have been asking us for a way to learn more from Clint Maun beyond just the various speaking engagements they may have attended in their specific locales. In response to this overwhelming demand, Clint has created the **Care Crowd VT**, a growing community of care professionals like you who share a *deep passion and commitment* for taking care to the **next level of excellence**.

Care Crowd VT is your virtual training access point to Clint's™ wealth of solution-oriented, team-based approaches to improving care nationwide. Furthermore, it is affordable for **any** care organization of **any size** to take advantage of this fantastic training value. For less than **\$1.65 per day** (even less if you are a *LeadingAge member*), **all of the employees** at your facility (including future new hires during the 3-year site license period) can have unlimited access to Clint's™ humor, experience and wisdom to help your organization **Improve Care from Within!**



Ready to learn more?

You can now try out the training first-hand with a **Free Trial!**

Visit the Care Crowd VT website today and enjoy a **free 2-week trial** so you can see for yourself how easy, yet very powerful, this training can be. *Imagine all your organization's staff being on the same page in providing the best care to your customers! Better still, at only pennies per day, **you can't find better***

training for your budget! Add on the fact that Administrators can even get **4.5 CEU credits via NAB** and the *value goes through the roof.*

Facility by facility, care professional by care professional, **Care Crowd VT** is amassing a large, vital community of people who strive to change the face of care **from within**, rather than wait for the various *external forces* to magically align for positive change. **Become a Care Crowd member today!**



Food For Thought

Signs You're Way Too Stressed

Chronic stress manifests itself in many ways. In fact, you may be experiencing symptoms of chronic stress without even realizing it. Take note of the signs below—if they look familiar you're probably experiencing a lot of stress in your daily life.

- **Headaches when you're not working.** When you're away from work you may feel as though it's your time to relax and unwind (which is true), but according to experts, a sudden drop in stress can prompt bad headaches and migraines. Stick to a regular and consistent sleeping and eating schedule to minimize headache triggers.
- **A sore jaw.** A sore jaw can be a sign of teeth grinding, which usually occurs during sleep and can be worsened by stress. Ask your dentist about a nighttime mouth guard—it can reduce or stop grinding altogether.
- **Difficulty concentrating.** When you're too overwhelmed to focus on

whatâ€™s in front of you, or you canâ€™t remember simple things like a coworkerâ€™s name, it could be a sign youâ€™re overworked. When youâ€™re feeling overwhelmed, taking even just 60 seconds for some deep breathing can help you regain focus and help you feel refreshed.

- **You canâ€™t sleep well.** If you find yourself waking up and worrying or ruminating over things, it could be a sign of anxiety or excessive stress. If you feel tired but have a difficult time falling asleep, itâ€™s possible you have stress-related fatigue. Talk to your doctor if the problem persists for more than a few weeks.

â€œItâ€™s not stress that kills us, it is our reaction to it.â€
â€”Hans Selye



Quick Links

MaunLemke.com
ClintMaun.com

ClintCast.com
CareCrowdVT.org



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Our mailing address is:

Maun-Lemke Speaking and Consulting, LLC
8031 W. Center Rd.
Suite #222
Omaha, NE 68124

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