

TYRO TIMES

SPRING 2021

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TYRO TESTIMONIALS

WHAT OTHERS ARE SAYING...



"TYRO is about change..."

"TYRO is about change. We all need to change, grow and continue to seek answers and solutions to become a better person. Love the programs and people. HUMBLLED."

- Lois Naera, New Zealand



"My peeps my family!"

So happy to be apart of this group! My love for being a TYRO lives in my soul. I have learned so much from Ron and his family. TYRO help me be the person God wants me to be. Proud Representative TYRO National baby!!!

- Hermosa Queen, USA



"Change my life..."

TYRO has helped change my life from prison to home. Thank you.

- Tony, USA

WHAT IS TYRO?

TYRO is a latin word meaning apprentice novice, someone learning something new, a warrior.

TYROs award-wining and outcome-based programs are changing lives every day worldwide. We hope this magazine inspires, motivates and empowers you to lead with courage, honor and build a strong legacy for your family.

FIRST WORD

A special greeting from the founders of TYRO, Ron & Catherine Tijerina

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Greetings! We are so excited about this season of growth for TYROs. We have been working hard to create innovative solutions to serve individuals and families. We are working hard to make TYRO available to more people and expand the reach of the programs to help individuals overcome their pasts, face adversity courageously, and learn to lead well. In turn, we are counting on every TYRO to do their part to change the world.

Now more than ever before, the world needs TYROs. Being a TYRO requires you to live up to your highest potential and lead well in your home, community, and workplace. As you serve others and lead by example, you will influence others to look at what is truly worth fighting for; family and legacy.

We recently received a letter from a TYRO that deeply impacted us. This TYRO returned his pin to us because of a mistake he had made. He knew that his decisions and actions fell beneath the standards he had pledged to uphold as a TYRO. As a TYRO, he recognized his actions had the potential to impact every other TYRO negatively. As society labels people by association, he wrote us a note of apology and returned his pin.

First, let us say that only a TYRO would take their pledge this seriously. His actions told us





that becoming a TYRO is a journey, not a destination. He forgot that falling is not a defeat; it is an opportunity to build self-awareness and learn better ways to self-regulate to avoid tripping up the next time. He also forgot that being a TYRO means being a person worth following who is on the continuous improvement plan.

In this, there is a lesson for each of us. Most importantly, you must strive to live up to the label of TYRO. You have many people counting on you and watching how you live your life. Your influence creates a ripple effect, impacting people you may never meet. You must never forget the power of your actions to affect or infect others. And yet, this is also a powerful lesson in humility and maturity. It takes humility to admit that you are wrong and maturity to apologize and make it right. This TYRO lacked the maturity to acknowledge that he has the power to become the antidote and repair this breach in our trust.

Take a moment and think about your actions and words over the past couple of weeks. Have they been edifying? Have you demonstrated your embodiment of being a Person Worth Following? Or have you fallen into childish behaviors as you have sought to force your opinions on others? Take some time today to reflect on what being a TYRO means to you. Review your TYRO Declaration and write down the top 2 attributes you need to improve your life as a TYRO. Make a plan and put it into action.

Remember that as TYROs, we are accountable to each other to lead well, contribute to the world around us, reinvest in others, and live honorably at all times. We are grateful to be on this journey with you!

We are rooting for you!

Ron and Cathy

that although he had made some poor decisions, he understood the responsibility of living honorably as a TYRO. So, when he missed the mark, he took it upon himself to remove his pin to avoid bringing dishonor to his fellow TYROs. We felt so humbled and grateful that this TYRO did what he believed was right to protect the integrity he saw in this program, our program staff, and his fellow TYROs. However, we also felt so grieved that he did not reach out to us for help in creating a restoration plan.

Rather than seeing this as a temporary setback, he accepted it as a failure and saw himself as unworthy of ever bearing the name TYRO again. We do not see him as irredeemable at all.

“While we hold each other accountable and do our best to model each of the virtues of a TYRO in the TYRO Declaration, we also know that no one is perfect.”

It takes practice, commitment, and consistency to live by the new TYRO Code. He did the right thing by taking off his pin. What he did wrong was that he forgot



HOW TO MAKE

MEANINGFUL

CONNECTIONS

We are wired for human connection. Without human connection, we are unable to share the triumphs and sorrows fundamental to our life's experience. And in its wake is a void of loneliness and isolation. In fact, 1/3 of adults self-report to have chronic loneliness.

“Close relationships, more than money or fame, are what keep people happy throughout their lives. Those ties protect people from life’s discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes.” — Liz Meneo in The Harvard Gazette

Why are meaningful connections so important? Human connection is one of the most desired things, irrespective of all cultures and social classes. The desire for human connection resounds across every culture and ethnicity. Without human connection, our life has much less purpose and our daily interactions are far less significant.

Creating meaningful human connections is one of the most beneficial ways to improve your life. From improving your mental health, to creating new shared experiences and opportunities, the value that a friendship brings to your life has long-lasting and quantifiable outcomes. From distant relatives and acquaintances, to close friends and family, connections are one of the most powerful driving forces in our lives. Think of a meaningful connection as a good neighbor. For most of us, a good neighbor is willing to look out for us, willing to lend a hand when we need it. We want to share a few ways for you to make meaningful, long-lasting connections.

Make a connection - Take some time and consider someone you would like to get more connected to. Be it an old acquaintance or new, offer to take that person out for coffee or some other social activity. Be intentional with them and make every intention to be yourself around them. True connections will value you for you, and will empower you.

Take time to listen - It is natural to want to vent and share everything with the new connection. One of the best things to do while establishing a new connection is attentively listening to them. You never know what good advice they may have for you.

Body language - Subliminal messages given from body posture speak as loudly as our words. It’s important to be aware of what gestures we are making. From arms crossed, to waving hands, take time to consider how others are perceiving you. We wrote more about this in another article in this magazine (see What Your Body Language Is Saying).

Make eye contact - This shows that you value the person and are engaged in the conversation. If you are not used to making eye contact, it may seem uncomfortable at first, but eye contact not only helps you to connect with people, it also gives you confidence and elevates your ability to engage in conversation with others.

Be intentional with your conversations - while it’s important to keep conversations light, it can be helpful to stay on track if you only have a short time to visit. Try making some notes about what you want to talk about or questions you want to ask them.



As you put these steps into place, remember that making meaningful connections is one of the best ways to grow. Good connections help each other grow and look out for each other. Don’t be afraid to put yourself out there and be yourself. So if you are looking for a mentor, friend or coach, take a deep breath and start a conversation. You never know what connection will spark a friendship.

EXPANDING TYRO

2020 - the year of constant improvement



“It is hard to quantify all the ways that 2020 has impacted our culture.”

This last year forced us all to take a closer look at how we relate to people, how we socially interact with others, and yes how we do business. These past few months have stretched us to think outside the box, when it comes to training, meetings, and connecting with other organizations to empower

them to deliver TYRO programs to men and women around the world. As the old saying goes, “necessity is the mother of invention.”

A year ago, we began to notice that we couldn’t proceed as business-as-usual. As the old saying goes, necessity is the mother of invention. This past season has challenged us to not only adapt, but to become better. As the year progressed, we began to reach out to our program partners to see what issues they were facing.

“ COVID-19 made it increasingly more difficult for organizations to reach the people they serve...

As you may expect, most of their answers were the same; COVID-19 made it increasingly more difficult for organizations to reach the people they serve. We began thinking of solutions. Sometimes, it took us a few tries to get it right.

Throughout the past year, we have been on a cycle of constant improvement. We have expanded our services beyond ways we previously thought possible. From creating interactive videos and programs for remote facilitation, to filming and producing entire programs on an on-demand video platform, 2020 has been a year for us to go beyond our limits and discover new ways to serve our partners. Here are a few highlights from the past few months.

Online video series: We have filmed and produced most of our programs as video-based series. These interactive programs allow for organizations to enroll their participants in programs or individuals to enrich their lives with various programs.

Teaching tools: We redesigned some of our CDs and DVDs in order to make it easier to reach our programs via web conferencing. We also created digital copies of our workbooks to allow facilitators to teach remotely.

Remote Facilitator Training: Although we have always made our quarterly facilitator

trainings available remotely, we knew it needed more. We knew we needed to change things up. In order to equip organizations to get the most out of our two-day conferences, we re-envisioned our entire facilitator training from the platform up. These transformations now allow for those unable to visit our office for a training to have the same quality of training that they would have if they were to join us in-person.

We are so incredibly grateful to be able to serve leaders and organizations through our transformative programs. Over the past few months, we have equipped peer-facilitators to teach TYRO, empowered several new organizations to start classes of their own, and supported educators, therapists and organizations in their life-changing work.



STAY CONNECTED
WITH TYRO

We are incredibly grateful to serve the many organizations, communities, and institutions with TYRO and look forward to our bright future together.

WHAT IS OUR BODY LANGUAGE SAYING?



Susan is late for a meeting. As she rushes into the office, she is met by the unmistakable glare of her co-workers with crossed arms and looks of disappointment.

She didn't need for them to say anything for her to know they were judging her. She wished she could find a way to tell them that the school bus was late to pick up her daughter again, but she didn't know how to tell them.

Allen nervously paces the floor of his apartment. He is waiting for his wife to arrive back from the grocery store. "I wish she would text me when she's running late", he mutters to himself. He wants to ask her to communicate better so he doesn't have to worry about her being out by herself but just can't find the right words.

"Communication is one of the most crucial aspects of the human experience. For many of us, we fail to approach communication with intentionality resulting in frustration, disappointment, and even a loss of friendships. If you can relate to any of these stories, then you are human."

Have you ever sat in a chair at a busy mall and watched the people hurry by? From the impatient people waiting in line for their triple pump mocha latte, to the overworked cashier, their body language is telling you something. Everything we do tells a message. In fact, whether we recognize it or not, how we talk, not just what we say tells a message. In the heat of the moment we may not be aware of our pursed lips, a cross stare and folded arms, but make no mistake others see it.

So, if our actions and body language tell a story, what is it that others hear? A good example of how body language affects those around us is a distressed customer. Perhaps the upset customer is justifiably upset, however, practicing



GET YOUR GEAR.
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intentional body gestures avoids unneeded arguments and strife in our lives. And we could all use less strife. Here are a few practical actions to allow for more effective communication and provide the opportunity for others to put their guard down when talking to them.

Smile more – No one likes a grump. You don't have to be fake, but becoming mindful of what our facial expressions are helps to create healthy blood flow, reduces stress and allows for people to, in turn, avoid putting up walls.

Avoid raising your hands – When we start to throw our hands, we elevate the level of conversation. Avoiding gesturing above our shoulders creates a rational conversation and avoids the other person raising their own stress level.

Talk more with your hands – I know, I just said to avoid making gestures. But making small gestures

can create more effective conversation. Casual, inviting gestures will help prove your point without using ugly words.

Go to the mall – For real. Take a trip to the mall and watch how people are interacting. Make a mental note of who is upset, and how people react to disappointment.

Watch tv – Flip on your favorite tv show and take some notes on how you see people interacting. Observe when people are reacting negatively to body language or frenzied expressions. Also take note of people who resolve issues using deescalating body language.

While it is hard to break habits, taking some practical steps to take control of your body language will improve the way you communicate with others and allow you to live a more fulfilled life.



COUPLE COMMUNICATION



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ARGUE LESS & TALK MORE



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A person with long dark hair, wearing a white long-sleeved shirt and dark pants, is sitting on a concrete ledge with their back to the camera. They are looking out over a large body of water towards a range of hills under a sunset sky. The text 'Why We Struggle Making Connections' is overlaid on the right side of the image.

Why We **Struggle Making Connections**

Don't let prison break your family.
Hear inspirational stories and advice to equip
your family to overcome life's challenges.
For more information, visit tyro.blog



We all desire connections with others. As humans, we are in the business of making connections. In fact, making connections is a big part of living life to its fullest potential. However, as many of us know, making these connections isn't always easy. In fact, for some, making connections is a real challenge. While making connections can be difficult, it's important to understand why it may be challenging to create connections.

Trust Issues:

Connections are built on trust. Trust is one of the most valuable commodities to social connections. You trust that this person will be a good connection for you. That they will help you when you are in need and will be a positive influence on your life. However, not all connections are genuine. When you have a connection with someone who breaks your trust, it hurts you. All of us have experienced the heartache of a friend breaking our trust. Developing a resilient heart gives you the strength to not let this heartache overtake your life. We have to fight the trap of falling victim to our past hurts. Start trusting people with small things to see if they have the potential to be a genuine connection in your life. If they can handle smaller tasks, you can gradually start trusting them with more personal or important things.

High Expectations:

Sometimes, we are spoiled with great friendships and connections. Maybe you already have a friend unlike any other. While this is a truly good thing and it's incredible to have connections like this, it could prevent you from making more connections. Sometimes, our comfort with the few incredible friends that we have can cause us to close ourselves off from others. This is when it becomes a problem. Rest assured, we should never take for granted the friends we have, but fostering and building connections that build to friend-

ships will lead to a more enriching life. You must not allow yourself to get into the habit of resisting others to form connections with you. Understand that not everyone is the same. If you expect your friends to be exactly like your best friend, then you're expecting too much too fast out of these new connections.

You're Not Being Yourself:

Another pain point when it comes to making connections is when you're not being yourself. Perhaps you're spending time with people of different interests than you. Or maybe your connections do things that you don't approve of. You may need to face the reality you might be getting involved with the wrong crowd. The best way to self-examine how authentic you are is to see what your interests are. Ask yourself, "Am I spending time with people who also like to do these things?" Never disassociate yourself from positive people who simply don't believe or want the same things as you, but that doesn't mean you shouldn't strive to make

"The best way to move past these things, is to first recognize that you have a problem to begin with."

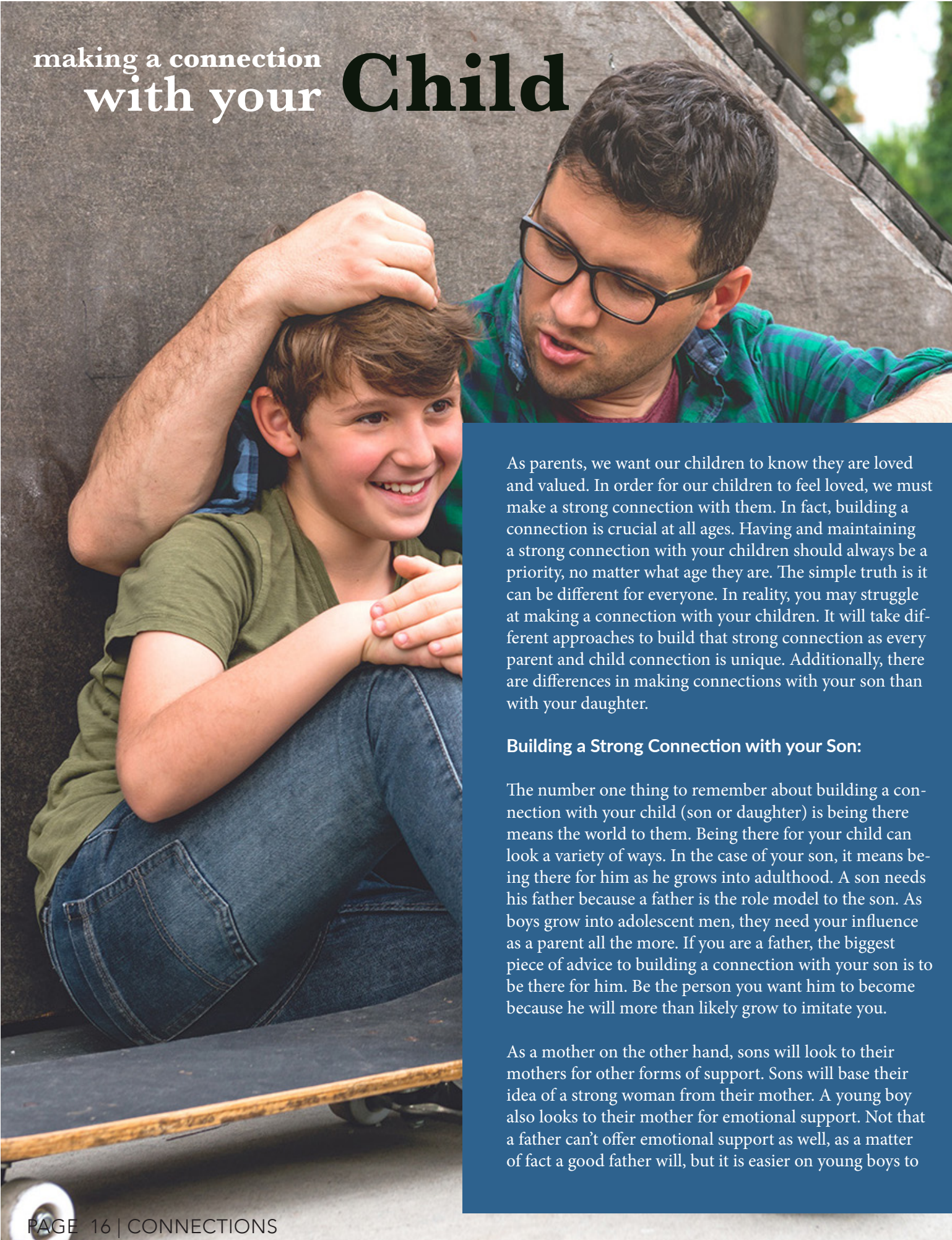
more connections with positive people who have similar interests as you.

Mental Health:

While all the above problems are very real, you may be overlooking your mental health. Poor mental health can be a very common cause to struggling making connections. You may be struggling with anxiety, depression, PTSD, and other major mental health concerns. Start by looking at common symptoms of these problems and see if any of them relate to you. If so, then you should start looking into getting professional help. If you're not quite ready for that, start by talking with someone you're close to. Just remember not to put all this weight on their shoulders. In the end, you have to take the necessary steps to change your life.

making a connection
with your

Child



As parents, we want our children to know they are loved and valued. In order for our children to feel loved, we must make a strong connection with them. In fact, building a connection is crucial at all ages. Having and maintaining a strong connection with your children should always be a priority, no matter what age they are. The simple truth is it can be different for everyone. In reality, you may struggle at making a connection with your children. It will take different approaches to build that strong connection as every parent and child connection is unique. Additionally, there are differences in making connections with your son than with your daughter.

Building a Strong Connection with your Son:

The number one thing to remember about building a connection with your child (son or daughter) is being there means the world to them. Being there for your child can look a variety of ways. In the case of your son, it means being there for him as he grows into adulthood. A son needs his father because a father is the role model to the son. As boys grow into adolescent men, they need your influence as a parent all the more. If you are a father, the biggest piece of advice to building a connection with your son is to be there for him. Be the person you want him to become because he will more than likely grow to imitate you.

As a mother on the other hand, sons will look to their mothers for other forms of support. Sons will base their idea of a strong woman from their mother. A young boy also looks to their mother for emotional support. Not that a father can't offer emotional support as well, as a matter of fact a good father will, but it is easier on young boys to

go to their mother for emotional support and advice. Much like fathers, building a connection with your son is to be there for them when they need emotional support. Practice listening to their emotional needs and look for other ways to support their passions in life.

Another good way to build a strong connection with your son, as a father or mother, is by doing things with them. Doing things like playing catch, teaching them how to cook, watching their favorite TV show with them, teaching them how to fix things, and supporting them in their crucial moments of life is essential. Both parents should be there for their child, both by being present and paying attention to their emotional needs.

The key to having a strong connection with your son: don't force them into things. Instead, introduce them to things you enjoy (without pressuring them to do it) while also allowing them to introduce things they like to you. When you find things you and your son enjoy doing, the easier it will be to spend quality time that builds strong connections.

daughter often looks at the mother the same way. As a mother, it's important to build a connection with your daughter. Set the example for them. Show her what a strong woman is like, teach her lessons in womanhood, and provide emotional support for her.

As a father, your daughter needs you just as much. Daughters tend to switch gears with their fathers from how a son views their father. Daughters typically look to their fathers for emotional support. As a father, it's your duty to teach your daughter what a good man is like. Helping your daughter learn what a good man is like will help them look and choose better partners later in life.

Whether its co-parenting or a more traditional form, both parents should spend time doing things with their daughter. Make an effort to teach them your interests and have them do the same. Don't force them into doing things they don't want to do. Instead, let them find their own hobbies and interests too.



Building a Strong Connection with your Daughter:

As mentioned above, building a connection with your daughter is different than with your son. While the fundamental message of being there should be top priority, daughters view their parents in different ways. Much like how a son will look to his father to be the role model, a

In general, there are two great ways to build connections with your children (son or daughter). The first, is to be there for them. Don't be absent in their life, children need their mother and father in their lives for different reasons. The second is to do things with them. Teach them about your hobbies and interests, while allowing your children to share their interests with you. The more things you do with your children, the stronger your bond will be.



The Importance of Being Authentic

How often do you ask yourself, “Am I being authentic?” If you were honest, you might imagine most people would say not very often. As humans, we easily fall into a pattern of inauthenticity.

Let’s define authentic. When we say authentic, we mean the real you. The real you is who you are, separate of who you pretend to be.

Inauthentic people say and do things you wouldn’t normally say. It’s when you’re being exactly who you say and know you are. Now you may be asking yourself, “Why is this so important?” Well, in short, the answer to that is because true connections are built on authenticity.

Authenticity creates connections:

True connections are built on solid foundations. One of those foundations is authenticity. When you have a connection with someone, you want it to be real. You want to feel truly close and know that this connection is strong, but, how can you tell if it’s real if you aren’t being your real self? It’s okay to adapt to any given situation. However, don’t let the people around you tell you who you are or who you need to be. That’s up to you to decide. Be flexible, but stay true to who you are. The more

authentic you are, the better you’ll understand what connections in your life are real and the connections that are false.

Authenticity builds courage:

It takes courage to be the real you. You may find yourself in situations where you feel like the real you won’t be accepted. You have the choice to be yourself in any given situation or to be someone else in order to fit in. To be authentic in situations that are uncomfortable will require courage. Courage is telling others you’re comfortable with who you are. Never be afraid to stand up for what you believe in. Be courageous. Be authentic.

Authenticity drives innovation:

Innovation drives authenticity. Think of a problem you have had in your life. Now imagine one person told you, “Hey, this is how you fix that problem.” You could listen to that person, and they could be right. But what if it wasn’t the best way to fix it and everyone else just went along with it because they were too afraid to provide an answer that was more authentic to their beliefs. You and everyone else in the room may be suf-

“ If you spent your whole time working on someone else’s dreams, would you feel passionate?”

fering from a lack of authenticity. What if that solution involved you doing something that wasn’t true to you? You wouldn’t want to go along with it. Being authentic creates room for innovation. Authenticity leaves room for each other’s unique perspectives; we all have different lives, wants, desires, beliefs, and backgrounds. If everyone were to be authentic, more creative and innovative ideas could be created because it would create solutions based on multiple perspectives.

Authenticity provides passion:

What things are you passionate about? Would you feel just as passionate doing something else simply because someone else told you it’s a better passion to have? Odds are, probably not. To be authentic, means to be true to yourself. True to your beliefs, wants, and passions. If you spent your whole time working on someone else’s dreams, would you feel passionate? Would you feel fulfilled? This would leave you stuck living someone else’s life.

Being true to yourself allows you to know the things you’re passionate about and gives you the courage to pursue them.

Authenticity makes life simple:

Authenticity simplifies your life. Authenticity allows you to live your life with peace of mind. It’s time to redefine authenticity as telling someone the truth, even if that truth wasn’t what someone wanted to hear. Ultimately, the truth creates peace of mind. Now,

To be authentic, means to be true to yourself, true to your beliefs, wants, and passions.

think of not being authentic as a lie. You told someone a lie, knowing that there is a different truth out there, and now you must keep yourself up in the lie. There is an old saying: “Tell lies, and you’ll spend much of your time trying to keep up with all of them, or tell the truth, and live with peace of mind.” If you’re authentic, your life will become so much simpler.



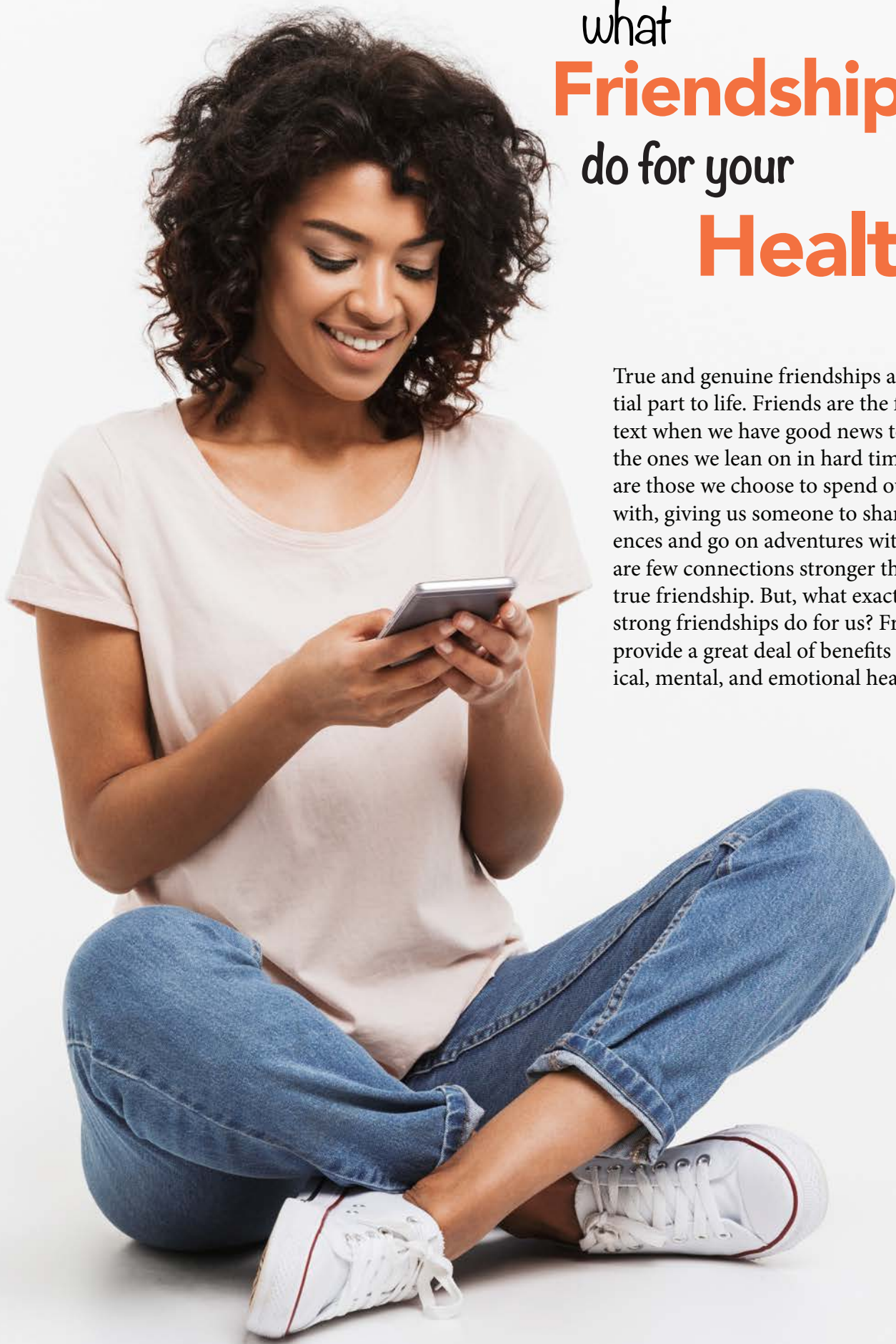
Authenticity frees you from spending time keeping a certain image, pretending to be someone you’re not, keeping up with lies, or pursuing things you don’t care about. Being authentic, makes life simple. So, get rid of the complications in your life stemming from a lack of authenticity. BE YOURSELF!

TEENS ACHIEVING THEIR HIGHEST POTENTIAL

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what Friendships do for your Health



True and genuine friendships are an essential part to life. Friends are the first ones we text when we have good news to share and the ones we lean on in hard times. Friends are those we choose to spend our free time with, giving us someone to share experiences and go on adventures with. There are few connections stronger than that of true friendship. But, what exactly do these strong friendships do for us? Friendships provide a great deal of benefits to our physical, mental, and emotional health.

“ People with stronger social relationships had a 50% increased likelihood of survival than those with weaker social relationships.

One of the physical benefits of good friendships is that friendships can increase your lifespan. A 2010 study found that “people with stronger social relationships had a 50% increased likelihood of survival than those with weaker social relationships” (*PLoS Med*). In other words, those with stronger social connections tend to live longer than those without them. The same research also found that social connections have about as much impact on lifespan as smoking tobacco and drinking alcohol. This research highlights why you should try to make friends whenever you can. There are many healthy choices to make in life, but making friends is one you should consider placing a bigger emphasis on.

Having strong social connections lead to positive impacts on your cardiovascular, neuroendocrine, and immune systems.

Lifespan isn't the only physical benefit that friendships can provide for your health. Having strong social connections lead to measurable improvements in your cardiovascular, neuroendocrine, and immune systems. Friendships also aid the inflammatory processes (*Journal of Behavior Medicine*). The positive physical benefits come simply from having strong friendships. Consider your friends for a minute. How many times in your life have you called that friend when you needed them? Or, perhaps you wished you had that friend to call. These benefits should be telling you that making friendships is an important priority to have in life.

As we consider the health benefits of friendships, let's look at other benefits that come from friendships. One of the most-googled searches in 2020 is mental health. Friendships has also proven to be a large factor in preventing mental health illness. In contrast, weak social connections can lead to depression, anxiety, and cognitive decline. More important than ever, having multiple strong social connections can lead to increased happiness, sense of belonging, and self-confidence all while reducing stress and loneliness (*Healthline*).

Friendships also provide emotional support. Consider a traumatic moment in life. Having a friend during difficult times can help the healing process. Friends are an ear to listen, a shoulder to cry on, and someone to lean on during tough times. Whether it's a break-up, divorce, death, unemployment, incarceration, and so on. True friends help you through the hard moments of life so you can heal and get back to living. Having a friend will help you cope in healthy ways. Friends will offer support and counsel from their life experiences.

You are capable of being a good friend. Often, we put up walls around ourselves, for fear of other hurting us. When we put up walls, we may be hurt less by others, but we're only hurting ourselves. The amount of benefits that come from friendships and strong social connections are astounding. It is time to approach your friendships with intentionality and propose. You deserve a good friend.

Making Professional Connections

Discover simple skills to grow your professional connection.



As any experienced career person will tell you, professional connections can be just as important as personal connections. It is also never too early or too late to start building a professional network. Having strong professional connections offer endless benefits. From potentially having less competition while job searching to meeting potential employers and having strong recommendations, networking is a great way to give yourself an edge in your career. Here are some great ways to start building your professional network right away.

Ask friends/family if they know someone

A great place to start is by talking to your friends and family. Practice networking by talking to them about your career interests or what you're doing with your

career. You can even talk to them about where you want to be five years down the road or the type of jobs you're looking for. Not only could they have a potential opportunity for you, but they could also be connected with someone of interest to you. This traditional type of networking is perfect for anyone looking to build strong professional connections, especially if you're just starting to build connections.

Get on Social Media (LinkedIn)

Getting on social media will allow you to put your name out there. This doesn't mean just using your personal accounts and friending everyone you can find. This means making professional accounts across all social platforms, especially LinkedIn. LinkedIn is one of the best social media platforms for professional

“



Having strong professional connections offers endless benefits. From potentially having less competition while job searching to meeting potential employers and having strong recommendations, networking is a great way to give yourself an edge in your career.

contacts. Social networking platforms allow you to connect with existing friends, develop new connections and offer a place to discover news and career opportunities in your industry.

Join Professional Networks

If you join a social network, there are countless professional network groups you can join. The easiest way to find potential groups/associations on a social platform is to search for your career industry. Odds are, there are already groups created in your industry. Just search for and request to join. Once you're in, start trying to connect with others within the group. Check on the group regularly throughout the day for posts, polls, or advice/insights on things going on in your industry. You never know who you may connect with.

Obtain Business Cards/Contact Info

Anytime you make a new connection or meet someone new, try to get a business card from them. They might not always have a physical card on hand, but they can give you their information. Getting business cards and contact information from people you meet is one of the best ways to grow your network. Later, reach out to these contacts for advice, potential job opportunities, or simply just to talk about things going on in your respective careers.

Always Follow Up:

A quick tip: when you obtain someone's business card or contact information, follow up with them within 48 hours. You don't have to bombard them with loads of questions, you can simply just say something quick and professional like, "It was great meeting you the other day. I'm happy we were able to chat and exchange information. I am looking forward to talking with you in the future." Not only is this valuable to your connection, it also strengthens your potential for a future job within your network. It also shows you take initiative and care about the connections you make.

Reach Out to Older Contacts:

Your friends and family are the foundation to your professional connection. Whether you are just starting to build your connections or if you're just looking to build more rapport, your older contacts will serve as great references. Try reaching out to older contacts that you haven't talked to in a while. If it has been awhile, begin by asking them about anything new they have learned, any exciting news they have, etc. You can even get a little personal and ask them about how they are doing outside of work. It's a great way to stay connected with others within your industry to build stronger connections with those people.



Word Scramble

Solve the word scramble below for a chance to think of embracing warmer weather.

- 1 RWLOFE
- 2 USN
- 3 GPAONUDLYR
- 4 OZO
- 5 CINCIP
- 6 NRIA
- 7 STERAE
- 8 IKINHG
- 9 NDAREGN
- 10 SIRBD
- 11 WRGO





FIND THE WORDS

Play, Find and Think Spring!

S	U	N	R	B
P	L	A	Y	I
I	I	T	C	R
N	E	S	T	D
G	R	A	S	S

RAIN

SUN

NEST

PLAY

BIRDS

GRASS





why its important to

SOCIALIZE

Isolation is a slow drain. We may not realize the effects of it until we are shut off. For many last year, it became a reality. In the midst of quarantine, social-distancing, limited social gatherings, and working from home, we quietly became less connected with each other. In reality, many people began longing for connection prior to COVID-19. In a world driven by instant news and social media, we often disconnect from human interaction without even realizing it.

But why is it important to socialize? As humans, we have an innate desire to connect with people. The mutual exchange of ideas, the sharing of high and low points of life with others is, in large, what defines us as people. When we remove the social factor of humanity, we are left with an irreplaceable void. Not with social media, sitcoms, or self-help tips.

Let's take a look at how human interaction affects us. Not only has science shown social interaction is crucial to our psyche, it is vital to our physical health as well. This is due, in part, to the fact that when you're depressed, it affects your body in unforeseen ways. Subconsciously, our body understands the need to make connections. In contrast, those who are isolated can be vulnerable to a variety of illnesses that can affect your physical health.

As we expand our world to discover the lives of those around us, we begin to share experiences. We share our joys, sorrows, and memories found only in living life with others. Socializing with others means you're willing to be real with them. As humans, it's natural to want only the best parts of our lives to be seen by others, but learning to let people you trust into your life

will stretch you to care about those around you. This type of interaction allows people in your life to give you perspective over your own personal struggles. This type of mutual exchange is a profound interaction that builds enduring friendships we long for.



Would you believe me if I said that hanging out with your friends has healing properties? I know it sounds crazy, but research has shown that those who intentionally socialize, juxtaposed to isolation, have increased their overall health in many ways. Here are a few.

Being social decreases depression. This is not to say that being social solves all of our problems, but depression can stem from isolation. In addition, socialization serves to improve ones overall mental health.

Better physical health. Did you know that being lonely can actually elevate your blood pressure? In contrast, when we connect with others, we are decreasing our overall blood pressure and improving our quality of life.

Socializing staves off loneliness. When we get to know others, we immerse ourselves in their world, separating ourselves from negative and lonely thoughts. Friendship not only gives you purpose, it creates value and improves your overall well-being.

Improve overall mental health. Not only has loneliness been connected with Alzheimer's, socialization reduces your risk of cardiovascular disease, cancer and rheumatoid arthritis.

Elevated self-esteem. There are many reasons why we may shut others out. Trauma, grief, illness, fear, etc. Whatever the reason you may have isolated yourself, there is good news. There is a cure to loneliness and depression. This cure is not a round of acupuncture or stronger medication. When you make the effort to socialize with others, it will give you more confidence and build in yourself the strength to grow.

Planting these seeds might take time. But you will soon find the reasons you may have amassed to stay isolated and keep others out of your life with change when you find some true friends.

Don't be afraid to be afraid. Take a small step and call up an old friend and meet them for dinner. Join a book club, even if it's an on-line book club. Take a plate of dessert over to that neighbor you have been wanting to introduce yourself to. You never know where your next best friend might be waiting.





Workout Tips for Beginners

EXERCISE. This seemingly insignificant word is sure to get a reaction out of anyone. For some, exercise is not only their way to relieve stress but to also live a balanced lifestyle. The reality is if you don't exercise with a plan, then you will fail to exercise. Exercise is something that can create apprehension, discouragement, and disappointment when people fail to meet their own workout expectations. We have all faced this harsh reality. We set for ourselves New Year's resolutions to start a new diet, exercise regimen or other

personal goals. As the new year comes around, we are hit with countless distractions to hinder our well-intentioned goals.

If you are facing this, don't be discouraged! 2021 is a new year. And after a long winter, there are fresh opportunities for you. Not only are there countless resources available to you to get yourself back on track, most gyms have flexible memberships, with many gyms offering national memberships. In the U.S., 14% of families have a gym membership, and most of them offer fitness coaches and workout classes. As you consider what your workout goals are, here are 5 tips to help you to stay motivated and stay on track to help you reach your goals.

FIND A WORKOUT PARTNER

Hands down, finding a workout partner is one of the best ways to follow-through with your workout goals. A workout partner is not only helpful to create a consistent gym regimen, it is a great way to discover new routines. Having a gym partner is an opportunity for mutual development. As you begin to workout together and set consistent times to workout, you will not only feel the thrill of accomplishment, you will build self-confidence, knowing that you can finish what you started. Ultimately, workout partners allow you to set goals, accomplish them, and create a new sense of self-worth. Having the right gym partner helps you both reach the finish line.

START AT YOUR LEVEL

The biggest mistake people make when starting to work out, is trying to get all their results in a short time frame. If left on our own, we are likely to crank up the treadmill right off the bat in hopes to be looking good by the weekend. Patience is an essential part of reaching your workout goals. Creating realistic goals is the best way to set routines that are achievable. If we set unrealistic goals or overexert ourselves at first, it can be discouraging and causes many to want to quit. Know the level you are at and don't swing for the fences your first time to the plate.

CHALLENGE YOURSELF

When it comes to achieving your workout goals, there is no substitute to hard work. All the best workout plans in the world will mean nothing if they are not followed through. As you begin to feel healthier, and accomplish your goals, be sure to revise your routine in order to challenge yourself. These incremental changes will allow you to not only continue to see results, but will keep your workout routine challenging. If you are stuck in a rut, consult your workout partner or look up new routines online. As you progress, you will feel the joys of accomplishment.



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NUTRITION/HYDRATION

Since the invention of gym class, we have all been taught hydration is crucial to our health. For a healthy workout routine, it's more important now than ever. As you create consistent workout routines, be sure to stay hydrated before, during, and after your workout. While staying hydrated is essential to a healthy exercise routine, what you eat is just as crucial. Just as you might put together a workout routine, a balanced diet full of nutrition is essential to your ongoing health. In fact, having a poor diet can set back your progress. High-protein meals after your workouts rebuild and repair your muscles. Lastly, hydration is every bit as important to your wellness.

NECESSARY EQUIPMENT

Hands down, not having the right equipment is the most common reason people avoid starting their workout routine. Many people think that if they don't have a treadmill, exercise bike, free weights or cannot afford an expensive gym membership then they cannot have a good workout. While these are important ingredients to a workout routine, they are not essential. There are workout regimens for everyone in every walk of life, in any setting. There are countless trainers and fitness coaches who have routines that don't require memberships, treadmills or free weights. An effective workout is available through the TYRO program called Sthenos. There you can get a complete and intense workout with absolutely no equipment. At the end of the day, the most important thing you need to start your workout is the motivation to get started.

No matter what level you are at, the important thing is to set achievable goals and keep going every week. These are just a few have tips to get you started. As you plan your workout routine, be sure to do your own research for your own goals and outcomes. If you are planing to open a gym membership, don't be afraid to ask for help using the equipment or forming a routine. The foundation to proper form and effective workouts comes from using the tips above. For more workout routines, visit tyroinstitute.com and watch the Sthenos Program.



Jpay

INSIDERS & OUTSIDERS
1.7 G3

We all have been Insiders and Outsiders. It's up to you if you are going to rise above and become someone who includes others. As you think about how it would feel to be an outsider, write it down.

"If you're not rooting for the person next to you, then don't get mad when no one is rooting for you!" - Ron Tijerina

Cathy & Ron Tijerina

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Things you should celebrate if your man is in prison

Featured article from Cathy Tijerina. For more inspirational stories, visit www.tyro.blog.

The deepest loss you will feel when your loved one goes to prison is joy. The pleasures of life are smothered by the pain and loneliness of losing him. You may find it a chore to be happy about anything while you are crushed by your loss to the prison system. The whole world just keeps moving on, ignoring your pain and loss as if your family doesn't matter at all. Bitterness will rob you of your potential if you let it. In this season of life, you need to be intentional to stop anger from taking root in your heart and mind.

Experience the grieving process

Grief has a way of bringing healing when we give ourselves permission to experience the grieving process. Unfortunately, many family members of prisoners do not give themselves that permission. They try to warrior-on and pretend as if the journey they are on is not excruciating. Denial of grief boils inside of your heart and poisons your potential. You tell yourself that it is OK to be angry, disappointed, or lonely, but deny yourself the luxury of being sad. Perhaps you believe sadness is the equivalent of weakness. You may have allowed other people to dictate what you should or should not be feeling. You may even be afraid of grief, seeing it as a force that might drown you. To stop misery from swallowing you whole, you must

learn to see the good in your life right now.

“It is normal and healthy to be sad and grieve the loss of the life you had hoped you would have together.”

Grief does not have to consume your life. You can control the impact of grief on your life by finding things to celebrate during your painful journey. Celebrate the small victories by recognize your ability to overcome every challenge will bring balance to the suffering. I know it is difficult to give yourself permission to be happy when you miss your husband so much. But it is not only OK to find happiness; it is critical to your mental and emotional health. You must be willing to continue to live your life while you are missing your loved one. If you want to find the strength to conquer every obstacle, you must first find joy in your life. Here are some things you should be celebrating:

You are still together! If you are developing a stronger relationship, you need to celebrate that success every day. So many couples fall apart under much less stress in their relationship. If you are rocking the relationship – CELEBRATE.

Progress. Any progress you make toward your goals, you need to celebrate. This includes reading a chapter in a book, signing up for a course, filling out an application. Anything you do that keeps you looking forward to a better tomorrow is worthy of celebrating.

Time together. Whether it is a video visit, a phone call, or a face-to-face visit, your time together is precious. Celebrate the gift of being together and having the opportunity to talk to each other.

You may be afraid of grief, seeing it as a force that might drown you. To stop misery from swallowing you whole, you must learn to see the good in your life right now.

Paying your bills. I know so many people who cannot afford to pay their own bills. That was me at one time. I will never forget the incredible sense of independence and pride I felt when I began to pay my own bills. This is a significant accomplishment when your man is locked up! Do not take it for granted that you CAN pay your own bills. Celebrate it!



Learning something new. Every time someone in your family learns something new—celebrate it! Learning keeps your family focused on the possibilities instead of staying focused on what is impossible.

Life. If you still have breath, your story is not over. You always have the opportunity to write new chapters and create a better future for yourself and your family. Now that is definitely something worth celebrating!

Take a big deep breath and remind yourself that you have a lot to be grateful for right now. Then, let the celebrating begin!

I am rooting for you-

Cathy

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for moms
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www.tyro.blog



how to

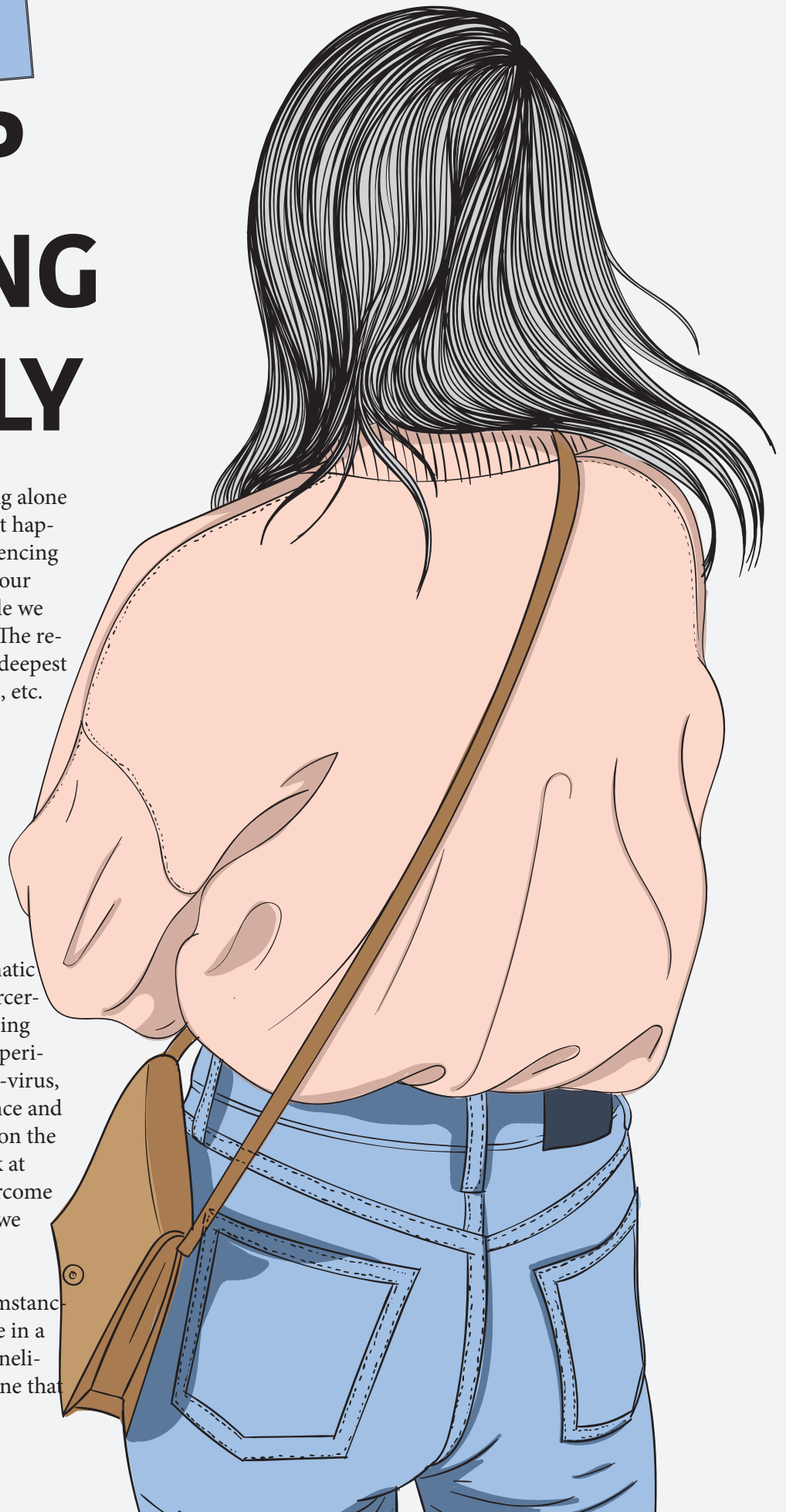
STOP FEELING LONELY

There is a song that is sung about feeling alone in a crowded room. That is exactly what happens to many of us when we are experiencing loneliness. The world, our friends, and our family seem to be moving forward while we are left standing alone in a dark room. The repercussions of loneliness produces the deepest of emotions; sadness, anger, depression, etc.

This experience of loneliness can last weeks, months, or even years. Any of these emotions not only paralyzes us emotionally, they can stop us from making meaningful connections and impact our ability to cognitively react to the world around us.

Loneliness is often the result of a traumatic event, sustained isolation (such as incarceration or covid-19) or deferred hope. Being lonely is not only normal but it is an experience we have all faced. Take the corona-virus, for example. Learning to socially distance and even self-isolate has had untold effects on the human psyche. But, when we look back at 2020, it is a challenge we all had to overcome together. In the midst of our isolation, we have this in common.

Some of us feel lonely due to our circumstances (take Covid-19), while others may be in a mental rut. Regardless of the reason, loneliness can be an overwhelming feeling, one that



When we get ourselves outside of our world, our problems and mental barriers and see the world around us, we can elevate ourselves into the lives of others and move further away from negative and isolating thoughts.

may feel inescapable. If you can relate, know there is a light at the end of the tunnel. And, although it may seem a burden you alone are bearing the pain of loneliness has been felt by everyone at some point in their lives. Loneliness can be overcome, and you can start right now.

Before we break down how to overcome loneliness, we should understand one thing. If there is one thing we have become aware of in 2020 it's this, we were made to connect with people. Human connections are not just for entertainment, our very psyche needs to connect with others. We need to be heard, to be valued and to be noticed. When we are feeling lonely, be it from isolation or from external events, it is crucial to grab a hold of these life rafts and swim out of those negative self-thoughts. Here are some ways to stop feeling lonely:

Creating shared experiences is one of the greatest ways to escape thoughts of loneliness. We have a tendency to glamorize this. You don't have to climb Mount Everest with Bear Grylls or spend the day with your favorite celebrity to cure loneliness. In fact, research has shown that spending time with people you care about, watching TV or making small talk, is one of the best ways to create memorable experiences. Our life is full of memories, some we would rather forget. But many times, while we may have wished to avoid an awkward encounter or bad experience, we can create memories that we wouldn't wish on an enemy. We all had a bad experience at a dinner, a vacation disaster story or a home makeover gone wrong. Those experiences create memories and stories. These interactions are moments in time where we build comradery and enhance our lives.

Serve your community. When we get ourselves outside of our world, our problems and mental barriers and see the world around us, we can elevate ourselves into the lives of

others and move further away from negative and isolating thoughts. Find a local food bank to donate your time to, look up your local animal rescue or clinic. Whatever you choose to help your community, you are investing in the lives of others and moving yourself away from negative self-thoughts and putting your energy towards helping others.

Forge deeper relationships. When we foster deeper relationships, we share a part of our lives with someone else, and vice versa. This exchange builds trust, moving us away from a feeling of being alone. Being vulnerable in any healthy relationship allows us to move out of our own feelings and are invited to care about someone else's world as well. While it's important to self-care, it's crucial to care for others as well. Having the courage to build deeper relationships with friends you can trust can move you into a healthier state of mind.

What you do is not the important thing, it's taking the effort to make meaningful connections. If you are not comfortable going to the movies, start a virtual watch party with your friends. A few other ideas are to start a book club, plan a monthly movie night with friends or build a group chat with some old friends. The big lie about loneliness is believing that you are the only one. The reality is that we all have struggled feeling alone. You don't have to stay isolated, and you are not alone.



There are things in this life that are beyond our control. This thought can be paralyzing or liberating. We cannot control where we are born, or the seasons of the year. You may have had a traumatic event in your life that you had no control over. These experiences can either hinder us or help to define us. When we consider how loneliness can impact our lives, we are faced with a similar decision, are we going to allow loneliness to isolate us and hinder our growth, or will we take the next step to our future, build connections with others and start our new day.

A misty forest of evergreen trees, likely spruce or fir, with a soft, ethereal atmosphere. The trees are densely packed and their colors range from dark green to a lighter, misty green. The text 'fixing a Broken relationship' is overlaid in white, with 'Broken' in a larger, bold font and a cracked texture. The text is positioned in the middle of the image, slightly to the left of the center.

fixing a **Broken** relationship

Mending broken relationships can be painful. If you are experiencing this, it may even feel like there is no hope of restoring the relationship. Indeed, many of us have faced this fate. Maybe it was a fallout with a childhood friend or co-worker. Perhaps a relationship was torn through an ugly divorce or custody battle. Pain and suffering can be some of the worst moments in life, but they can also be some of our greatest teachers.

If you are working to mend a broken relationship, you are about to read some good news.

Healthy communication is not only possible for you, there are simple steps you can implement to improve your relationships today. There are tools that can be used to not only mend the relationship, but will empower you to have stronger, healthier relationships with anyone.



Open Line of Communication

Creating an open line of communication with a friend, co-worker or family member can be difficult. For many, disruption occurs through a traumatic event or conversation. Whatever the cause, clearing the air is crucial to allow both parties to start again. This includes apologizing for anything you were responsible for. This will help to build trust and restore communication.

Wants/Needs

For many of us, we are so busy running from one event to the next that we struggle communicating clearly with others. Learning to clarify our wants and needs

with those we care about and making room for them to express theirs provides room for the relationship to grow.

Identifying wants and needs allows for a healthy, long-lasting relationship.



Put them first

The world teaches you to put yourself first. You've heard it said it's a dog-eat-dog world or, don't give your heart away or they'll break it. If you truly want a thriving relationship you will need to have a paradigm shift. As we unlearn some of these selfish habits in order to foster a healthy relationship, you will need to put others first. Take some intentional steps today to put the other person first.

Go out for dinner

There are few things that can't be solved over food. There is something profound to sitting down and having a heart-to-heart with someone over a meal or some coffee. This helps to break down tension, allowing for more relaxing conversation. Oh, and don't forget to pay for their meal!

Sometimes sitting down, listening with an open mind and allowing for open conversation is the first step to restoring trust in the relationship. Whether its your spouse, a co-worker, a relative or your boss, using these tools can press restart on a broken relationship. What do you have to lose?

For more resources, visit couplecommunication.com



“

When someone sees how you make time for them, no matter how busy you are, they'll respond very positively and your connection will grow deeper.

”

**Making an
existing
connection
deeper**

Throughout your life, you will find yourself creating a variety of connections. Some connections may be casual friends and acquaintances, while others are much stronger bonds. Taking an honest look at your life, you can determine connections with someone you wanted to be stronger. Whether your desire for a stronger connection is the hope for a romantic relationship or a lifelong friend, the gift of a strong connection is like no other. If you are looking for a stronger connection in any relationship, here are a few tips.

Conversations that Matter

We are all capable of surface talk. Surface talk is the simple conversations we use in daily life such as how a person is, what they've been up to, how their day is going, and so on. Although surface talk only scratches the surface of your connection, it is crucial to build a connection and keep conversations light. Surface talk builds trust and allows for people to be themselves. In order to make your connection with someone deeper, try asking deeper questions. Ask them about their personal life, beliefs, passions, goals, fears, and other things to spark more meaningful conversations. Even if some of these things don't align with your own personal interests and career goals, it helps create a stronger bond between you and your connection.

Make Time

We've all been guilty of not making time for people that matter to us. In our busy lives, it is natural to not leave time for others. Sometimes we don't even notice we're not making time for others in the midst of our very busy schedules. If you want your connections to become stronger, you need to learn how to make time for others. The people you're seeking a deeper connection with should be understanding of your schedule as you should be of theirs. This is a key to building trust in a connection. This may require some give and take. You will need to adapt your schedule to create more time for the people that matter to you. When you make time for someone, no matter how busy you are, they'll respond positively & your connection will grow deeper.

Be Authentic

No matter how strong your connection with someone may feel, it won't be a true connection unless you're authentic. Being authentic with someone means you're showing them who you truly are. Being your true self is the only way to have a true and genuine connection. That's not to say you can't learn, grow, and change things about you. Authentic relationships require you to be real with yourself, knowing you're still staying true to yourself along the way. Growth is important, and change is inevitable, but if you're changing for the wrong reasons, or just to impress someone, then you're not being authentic.

Listen Before you Speak

This is more of a tip for being a good friend or partner, but it's still important to talk about. If you're seeking to build a stronger connection, spend less time talking and more time listening. Active listening is one of the best ways to show someone you really care. Don't just hear what they're saying, try to understand it, asking questions back. Actively listening demonstrates that you not only care about the person you are listening to but that you are engaged in the conversation. Listening will build trust. It is a natural tendency to want to share personal experiences, to talk over others or to turn the focus on ourselves. As you are making deeper connections with others, focus on how you're going to respond when you hear someone else talking. We have to fight the urge to interject our story over theirs and simply listen because sometimes, someone isn't looking for answers, they're just looking for someone who will listen to them.

Offer Help

Last but not least, offer to help out in any way you can. Lending a hand when someone needs it is a great way to not only show you care about someone, but to show someone that they can lean on you when they need to. You can offer someone help in a variety of ways. It can be physical things like lending them a tool, helping them with house/yard projects, or fixing something. It can also be emotional things like letting them vent to you, helping them out in difficult times, etc. A foundation to any healthy relationship is to be there for them. Make yourself available to offer assistance. Don't wait to be asked for help, lend a hand!



I CAME IN

by Ron Tijerina

Have you ever used the term “I came in alone and I am going out alone”?

I remember the first time I heard that phrase; I didn't quite understand why anyone would say they came into prison alone. If you hear something enough times, you begin to believe it. In fact, I heard it so much that I began to wonder if I was the one that was wrong. Maybe my incarceration only affected me.

ALONE

Everyone around me insisted that it was a true statement. The first, and only, time I actually said that phrase as if it pertained to me, it made me feel sick. I knew it wasn't true. I knew it was a lie. I didn't come to prison by myself.

“I realized from the beginning that my family was doing time with me.”

My wife was doing time with me; my children were doing time with me. As much as I had tried to convince myself that I “came in alone,” I knew I was not doing the time by myself. There were a lot of other people that were affected, and infected, by my imprisonment. My family and friends who loved me were doing time with me.

It is easier to pretend that your circumstances are not creating pain for others. Nobody wants to be responsible for hurting so many

people- especially those that we love. As I began to think about that phrase, “I came in alone and I'm leaving alone” I realized that believing that was a way to ignore the extent of my responsibility to my family and friends. I knew the first person who said this had to be a very bitter person who could not bear the weight of the sorrow he had created for others. So, whenever I would hear somebody say that, I began to question them and to hold them accountable.

When you are hurting, and there's so much pain within you as you recognize the impact of your actions, you will begin use denial as self-hypnosis to justify your attitude and behavior. You will convince yourself that you are alone. It is less of a risk to be alone because you have nothing to lose. At that point, you are so lost that nothing else matters. You've heard the saying, “misery loves company,” well this is what this lie looks like in real life. When you believe that it's all about you and no one else matters, and no one else cares, you continue to do things that undermine your success and freedom.

This self-destructive attitude will begin to infect all those around you and create a world of hurt, pain, and chaos. The truth is, when you begin to realize that many other people are doing this time with you, you will recognize that you have the power to influence and bring healing to the wounds you inflicted. You can begin to impact their lives in a positive way. To make the best of this experience, you must be awake and face the truth of what IS,

not what you wish WAS. Whatever caused you to be where you are today doesn't have to dictate your future. You can change your story.

Prison should not make you bitter, but it should make you better. So, the next time you hear somebody say, “I came in alone, and I'm going out alone”, I challenge you to confront them and ask them to really look at the selfishness of that statement. Show them that it is not true; there are a lot of people on the streets that are doing time with you. When you acknowledge the power of your influence on other's lives,



you will be empowered to create a new legacy. Accept the responsibility of your actions and make a list of those who have been infected by your poison, then start rebuilding, renewing, and reinvesting.

You did not come in alone, and if you do not want to come out alone, it is time to get to work.

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"We are bombarded by external pressures. From the strains of work, the pressures of finances and family needs, to overcoming the throes of life, the need to manage our thoughts and emotions is more important now than ever."

By the time we finish the end of an average day, we carry with us the baggage of our problems, external pressures. This type of baggage affects us in many ways, large and small. In fact, our physical and mental health depends on our ability to regulate these strains on a daily basis.

It is very easy to let the circumstances of life get into your inner thoughts. Most of the time, we spend in our own minds, whether it's thinking about the future, replaying past events, or just general circumstances of what is happening in life at the moment. When we do this, over-analyzing thoughts in our minds, it can leave us feeling all kinds of emotions. We start to think the worst of ourselves, often feeling unwanted or unsatisfied with life. These thoughts can eventually drain the overall importance

of life, leaving you anxious and depressed.

So, with all of these pressures facing us, how can we overcome them? A key part to living a thriving life is Inner Focus. Inner focus is the principle of managing your thoughts, emotions, and external

THE POWER OF INNER FOCUS



pressures. When we understand that we are capable of regulating our lives, the positive impact will be felt throughout every area of our life.

If we are not satisfied with spending time with ourselves, then we will not be satisfied with life at all. These self-defeating thoughts not only hinder our ability to navigate our emotions, but can inhibit our self-image. This is why it is so crucial to not only be aware of our thoughts, but to regulate them.

When your mind and thoughts seem to be chaotic, and negative thoughts and self doubt creeps in, there are ways to overcome this. It is important to connect with yourself, and learn how to process your own inner thoughts and emotions.

“Learn to recognize your inner thoughts. This is the most important exercise that you can do to improve your thought process.”

Some people have a more complex way of thinking while others have more of a two way path kind of thinking. When we do this, most of us instantly recall multiple situations where we have experienced trauma, and our emotions come into play, often taking things personal. This type of thinking is not healthy. It is important to recognize your thoughts and learn how to transform your thoughts into more positive thoughts.

How can we manage these negative thoughts? Start by practicing self-regulation. Take a few breaths

and let it all out. It’s important to find a way to let out your thoughts and emotions, whether they are negative or positive. Take a few minutes and write out your thoughts. When you are experiencing negative thoughts, it is easy for our minds to take control. Breathing exercises can help relax your body into a more peaceful state of mind.

Practicing a life of self-awareness gives you the opportunity to reflect on what is triggering anxious thoughts, defeating thoughts or

are not our thoughts and we have the power and control to determine what we focus on in daily life.

“The practice of self-regulation lets you live life at your command... Inner focus is harnessing your inner thoughts and emotions.”

You have the power to take control of your thoughts, emotions, and to manage external pressures. When



even negative cycles you may find yourself in.

The next time you are overwhelmed by negative thoughts, remember that there are ways to control it. Learn to recognize your thoughts, and try to find ways to release the negative energy. Remember that we

you practice inner focus you take the steering wheel back. The practice of self-regulation lets you live life at your command, not dictated by external pressures. Inner focus is harnessing your inner thoughts and emotions. When you live an empowered life, you give yourself the freedom to live your life to the fullest.



5 Trust Building Exercises

// Trust is the secret ingredient to all strong connections. //

Trust not only tests the strength of the connection, it is the glue that holds the relationship together.

Trust is the secret ingredient to all strong connections. Trust not only tests the strength of the connection, it is the glue that holds the relationship together. If you cannot trust someone, then how strong is your connection? Building trust is something that happens over time as you get to know more about someone. However, that's not the only way to build trust. Trust can also be created by participating in trust building exercises. There can be quite a long list of possible trust building exercises, but we've narrowed that list down to just five exercises. Check them out:

1: Blind Directions

This activity is similar to the impaired trust activity we use in our TYRO Programs. The purpose of this exercise is for one person to take directions from someone to achieve the objective. The objective can be to retrieve an item or reach a certain destination without running into anything. Here's the catch: the person taking directions has to be blindfolded so they are unable to see their surroundings and have to rely solely on the person giving directions. This exercise will allow two people to build trust as you are forced to communicate with each other to achieve the objective. It may even provide a few good laughs along the way!

2: Scavenger Hunt

Scavenger hunts are a great way to build trust with someone or to bring a team together. Create a scavenger hunt for your partner or friend, and fill it full of puzzles and riddles that relate to things about you. This will allow your partner to search for something while getting to know you on a personal level. Whether you are the scavenger or the puzzle maker, this is a perfect way to build trust and lower any levels of tension that may come with getting to know someone or a group of people. Don't be afraid to leave little clues and hints around that will help point them in the right direction.

3: Trust Fall

In this classic team building activity, you will build trust, gain a sense of unity and will help to grow cohesion. There's a reason this activity is used by organizations around the world for team building. This simple activity starts with you and your friend/partner (or group) taking turns falling backwards with your eyes closed. It is your partner's job to catch you before you hit the ground. Add a little more trust to the activity standing on an object so the fall is more elevated from

the ground. Do this a few times, making each fall a little more elevated than the last. You will build up trust quickly as you are placing your safety in someone else's hands.



4: Two Truths and a Lie

Two truths and a lie is a simple trust building exercise that can be played anywhere. It can be done at home, on the road, while you're running errands, and so on. Start by telling your partner three things, one of them is a lie and the other two are truths. It is up to your partner to determine which two are the truths and which one is the lie. This will help you build trust as you learn more about someone. It can also serve as a great way to see how much someone really knows about you.

5: Everyday Things

Rather than trying out a specific activity, you can also build trust by having your friend or partner do regular, everyday things. This can be something like picking out what movie to watch, choosing where to eat, or what to make for a meal, and so on. Little things like this can help you build trust with someone as you're allowing them to choose something that they think both of you would enjoy. Discovering regular, everyday things to trust your friend or partner with can go a long way in building a strong connection full of trust.

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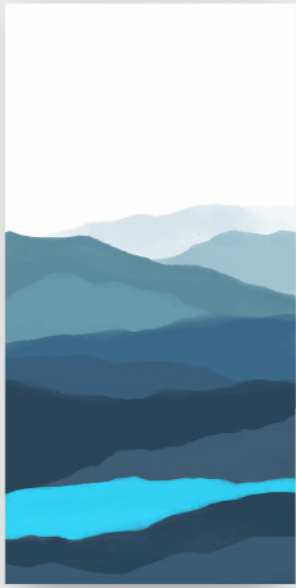
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