



Vital Signs

MAY 2023 NEWSLETTER

HANDS AND HEART

Are your hands feeling a bit cramped? Do you need a minute to breathe?

Try Jamber's free 20-minute hand workout every Tue/Thurs for proven hand exercises and deep breathing.

MENTAL HEALTH AWARENESS MONTH

Find how you can fight the stigma on NAMI'S website.

TERP ACADEMY SUMMIT

Formerly Silent Weekend in Florida is now an online event. Attend excellent workshops in real-time or watch up to 1 year later. Getting up to 30 hours of CEUs (3.0 CEU) is possible.

Register using this link and get \$10 off, AND Vital Signs will get a \$10 refund. All money returned to Vital Signs using the referral link will go towards a giveaway starting at \$150, and all money returned to Vital Signs from the referral will be added to the pot.

You must present a copy of your registration for this event to be added to the giveaway. The winner will be announced on May 29th.



www.vitalsignsinterpreting.com

National Global Employee Health and Fitness Month

It's never too late to start a new habit - try one of these tips to experience a healthier life:

- Walking during breaks
- Healthy snacks during the day
- Schedule a check-up
- Team sports or other exercise options in your free time

Life is so much more than work. Practice healthy habits so you can enjoy your **entire** day and not just live to work.

Work-life balance doesn't have to feel like a bad game

Here are 8 ways to get closer to achieving a healthy balance

- Accept that there's no “perfect”
- Find a job that you love.
- Prioritize your health
- Don't be afraid to unplug
- Take a vacation (or a staycation)
- Make time for yourself
- Set boundaries and work hours
- Stick to your goals and priorities

INVITE YOUR FRIENDS

Know other ASL or STT Providers?

Invite them to follow us on social media!

