

Just Say No To Holiday Stress

The holiday season is stressful enough without all the additional demands others may make on you. Do you often say "yes" to requests that commit you to things that you don't really have time for? Learn to say "no" without alienating your friends and family. These tips can help:

- **Be polite, but firm.** Don't go into too many details. The person making the request can too easily revise his or her request and make saying "no" more difficult.
- **Say no as soon as possible.** Don't drag the situation out.
- **Stick to your priorities.** If you're asked to do anything that doesn't fit in with your responsibilities, or your values, don't do it. Just say "no."

A Talented Dog

A saleswoman walked into an office on a cold call. The office was empty, but as she waited by the front desk, she saw a dog emptying all the garbage cans. Amazed, she followed him around until he was finished. Then the dog started sweeping the floor with a broom in its mouth.

The dog noticed her and dropped the broom. "Don't look so surprised. It's part of my job. I've been here two years."

Her jaw dropped. "Do they know you can talk?"

The dog looked around. "Yeah, but don't tell anybody. If they find out I can talk, they'll have me answering phones."

November Events

November 8th	U.S. Election Day
November 10th	USMC Day
November 11th	Veterans Day
November 13th	World Kindness Day
November 15th	American Recycles Day
November 24th	Thanksgiving Day
November 27th	Advent Begins

To Grandmother's House You Go

So the thought of packing your family into the car for a long drive on Thanksgiving (or any other holiday) doesn't sound like fun to you? Make the trip more successful by following some of these suggestions:

- * **Start early.** Getting the kids and their pillows into the car early cuts back on the amount of times they'll ask if you've reached grandma's yet.
- * **Consider renting a bigger car.** If you've got a small vehicle, renting a bigger car for the weekend can help everyone have a more comfortable trip.
- * **Bring plenty of entertainment.** Play music that everyone likes to listen to, bring along some games, and rent children's books on tape.
- * **Encourage some photography.** Let each person take his or her own pictures to remember the visit to grandma's.

Thanksgiving Chuckles

Q: Who is not hungry at Thanksgiving?

A: The turkey, he's already stuffed.

Q: Why can't you take turkeys to church?

A: Because of their fowl language.

Q: What do hippies put on their turkey?

A: Groovy.



Do You Have A Question About Car Maintenance That You Want Answered?

We love to hear from all of our good friends and clients who enjoy reading our monthly newsletter. If you have a question about anything related to your vehicle, feel free to give us a call at **(614) 864-1600**, email us at **kerri@beanysautoservicecenter.com** or visit us at

www.beanysautoservicecenter.com



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Thank You! Thank You! Thank You!

Special thanks go out to all of our clients and friends who graciously referred our shop to their friends and neighbors last month! Our business is built based on the positive comments and referrals from people just like you. We just couldn't do it without you.

**Angie Janakievskia, Todd Stonebraker
and Tyler Dendler**

Good And Not-So-Good Excuses

Caught sleeping at work? These excuses might keep you out of hot water:

- ★ "They told me at the blood bank this might happen."
- ★ "This is just a 15-minute power nap like they raved about in the last time management course you sent me to."
- ★ "It might look like I'm doing nothing, but at the cellular level I'm really quite busy."
- ★ "Whew! Guess I left the top off the liquid paper."
- ★ "I wasn't sleeping; I was meditating on our mission statement."
- ★ "This is the eighth habit of highly effective people."
- ★ "I was testing the keyboard for drool resistance"
- ★ "I was doing a highly specific yoga exercise to relieve work-related stress."
- ★ "Darn! Why did you interrupt me? I had almost figured out a solution to our biggest problem."
- ★ "Someone must've put decaf in the wrong pot."
- ★ "This is in exchange for the six hours last night when I was worried about work."
- ★ "... in Jesus' name. Amen."

What Money Can't Buy

A very rich investor was bragging to a well-off author at a cocktail party: "You know, I made more money on one investment last month than you've made with all your best-sellers. I'll probably make more money this year than you'll make in your entire life. What do you think of that?"

The author replied, "That may be true, but I have one thing you'll never have."

"What's that?"
"Enough."



Workers Leave Vacation Days On The Table

If you're like most workers, you probably need a vacation but you haven't taken all the vacation days you have coming to you. A survey reported on *The Wall Street Journal* website found that in 2015, more than half (55 percent) of U.S. employees failed to use their full allotment of vacation days. Workers used an average of 16.2 vacation days, down from the 20.3 days they took off from 1976 to 2000, and left a total of 658 million days unused.

In addition to the physical and mental costs associated with not getting enough rest and relaxation, skipping vacations has an economic impact, depriving the U.S. economy of \$223 billion in recreational and other vacation-related spending such as restaurants, hotels, and other travel activities.

Keep Learning At Any Age

As you and your family members age, you may find you have more difficulty remembering things. Try to help you stay on top of the knowledge game and keep you learning as you age:

- ◆ **Visualize.** Mentally rehearse an event, conversation or activity before it actually happens. This visualization helps eliminate the stress you may feel over the unknown. Plus, when you're more relaxed, you're better able to learn.
- ◆ **Take a break and exercise.** If you're trying to remember information you're reading, take frequent breaks. Don't just sit around, though. Engage in some kind of activity to keep your mind alert and your blood flowing.
- ◆ **Focus on concentrating.** Distractions are the bane of any learning attempt. If you're attending a class or lecture, sit near the instructor and maintain eye contact with him or her. Try not to fidget; simply relax into the session and let your focused attention do the job.
- ◆ **Say it out loud.** Read aloud the material you're trying to learn and repeat out loud the facts you want to retain. This way, both your mind and your ears are taking in information.
- ◆ **Tame frustration.** If you grow frustrated over material you're trying to learn, remind yourself that getting emotional will only hamper your ability to retain information. If you have to, step back and take a long break.

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Thanksgiving Labor Savings

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Cannot Be Combined With Other Offers





We're having a sleeping bag drive at Beany's this month!!!

Our friends at Christ's Cocoon collect new or gently used sleeping bags all year, and during November YOU can help them out!!! Bring a new or gently used bag to Beany's and we'll get them over to the Cocoon folks for distribution to area homeless folks. Because the bags will be used outdoors, the kind that are for cool weather camping are preferable. You can also donate at Beany's (cash or checks made payable to "Christ's Cocoon") during November. Any bag donation will get \$5 off your repair order (we'll give you a credit toward future purchase if you're not getting service during November). **Like with our other "Donate and Save" promotions, this savings CAN be combined with other discounts.**

Thanks For The Kind Words

Very nice and hardworking people that charge a fair price. There is definitely something special about the place, and they do great business. After dealing with dealerships and the like, doing business with them is a breath of fresh air.

- FB user

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Use Silence

When you want to encourage discussion in a meeting or training session, use the five-second pause approach. Once you ask a question, count to five, or even 10, in your mind. Because silence is uncomfortable for most people, waiting patiently will prompt someone to offer an opinion that contributes to the discussion.



Learn The One Crucial Success Factor

The single biggest predictor of success isn't brains, money, or willpower, although all those can help. No, according to entrepreneur and author Michael Simmons, it's the kind of network you have.

Most people live their lives in a closed network of familiar family members, friends, and professional colleagues. But those with an open network, one in which they connect people in different, seemingly unrelated groups, tend to be more creative, knowledgeable and successful. They're exposed to new ideas more often, avoid relying on the same assumptions, and are better able to combine ideas from different areas in interesting and successful ways.

If you want to be more successful, open your network, and your mind.



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What's Inside?

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- What Money Can't Buy -
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What's The Answer?

What's The Best Way To Say No To Stress?

Caught Sleeping At Work?

What Happens When You Don't Take Those Vacation Days?

Who Isn't Hungry At Thanksgiving?



***The Answers To These And Many
More Questions Are Inside***

