

LEC NEWSLETTER

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WWW.LIFEEXCHANGECENTER.ORG



Choose your “Hard”

Marriage is hard, Divorce is hard. Choose your “hard.”

Obesity is hard, being fit is hard. Choose your “hard.”

**Being in debt is hard, Being financially disciplined is hard.
Choose your “hard.”**

**Starting a business is hard, working a 9 to 5 job is hard.
Choose your “hard.”**

Life will never be easy, but you can choose your “hard.”

**CHOOSE
WISELY**

Page 1

STRESS MANAGEMENT WITH DR KIM



- **1. Stress is the body's physical or emotional response to a perceived challenge or demand.**
- **2. Types of Stress: Eustress, A positive stressor and Distress, A negative stressor.**
- **3. Common Self-Care Tools for managing physical and mental health:**
 - **Physical: Sleep, Fitness, and Nutrition**
 - **Mental: Mindfulness, Meditation, Positive Affirmations, and Therapy**
 - **Emotional: Journaling and Gratitude**
 - **Spiritual: Nature and Prayer**
 - **Social: Boundaries and Meaningful Connections**
 - **Relaxation**
 - **Time Management**
- **6. To resolve a stressor immediately, here's a step-by-step approach for tackling the problem head-on:**
 - A. Focus on exactly what the stressor is.**
 - B. Assess Urgency: Determine how immediate the problem-solving needs to be. If it's urgent, shift your focus entirely to solving it.**
 - C. Generate a quick solution: Brainstorm**
 - D. Prioritize Action aim for a feasible fix rather than a flawless solution. Action reduces stress faster than overthinking.**
 - E. Ask for help if needed**
 - F. Take Immediate Action. If multiple steps are involved, focus on the one you can do right now**
 - G. Evaluate the Outcome: Check if the solution resolved the stressor or if action is needed. Repeat steps as necessary**
 - H. Restore Calm: Once the problem is handled, take a moment to breathe and regroup before tackling your next challenge.**



Just for Laughs

What type of music do bubbles hate ?

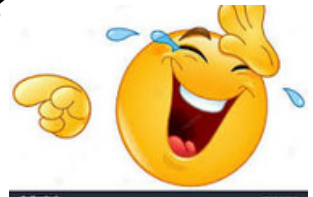
Answer : Pop music

Why did the hairdresser win the race?

Answer: She knew a short cut

How did the picture end up in prison?

Answer: It was framed



Why did the bullet lose it's job?

Answer: It was fired

How do billboards communicate

Answer: Through sign language



Trivia

What river runs through the Grand Canyon?

Answer : The Colorado River

What year did Barak Obama win the Nobel Peace Prize?

Answer : 2009

What is the largest seed in the plant kingdom?

Answer : The Coconut

Candid Photos



Turkey Lasagna Recipe

Ingredients:

Ground turkey
Lasagna noodles
Marinara sauce
Ricotta cheese
Mozzarella cheese
Parmesan cheese
Fresh herbs (basil, parsley)
Garlic
Onion
Olive oil
Salt and pepper



Instructions:

Prepare the Sauce:

Sauté chopped onions and garlic in olive oil until soft.

Add ground turkey, cooking until browned.

Stir in marinara sauce and simmer.

Prepare the Cheese Mixture:

In a bowl, combine ricotta cheese, chopped herbs, salt, and pepper.

Assemble the Lasagna:

Spread a layer of sauce in a baking dish.

Layer noodles, ricotta mixture, mozzarella, and sauce.

Repeat layers, finishing with sauce and mozzarella on top.

Bake:

Cover with foil and bake at 375°F (190°C) for about 30 minutes.

Remove foil and bake for an additional 15 minutes until cheese is bubbly.

Serve:

Let it cool slightly before slicing and serving.

Candid Photos Continued

