

Joint Chamber Meeting Minutes for July 2023

The Troy and Canton Chambers held their July meetings together on Wednesday, July 12 at Alparon Park.

The Fourth Annual Joint Chamber Mixer had a good turnout from both Chambers.

Scott Cummings manned the grill, which Bradford Hills loaned to the Chambers and Scot Sample and workers from NTSWA had picked up and delivered it to the pavilion. Everyone indulged in an array of entrees, salads and desserts.

Robyn Cummings opened the function and advised a lot of the organizations, committees and chambers are run by volunteers. She stated that it is remarkable the amount of projects that are completed in the area, which are performed by the amount of volunteers and local businesses. She then introduced Kerri Strauss, the speaker for the evening.

Strauss spoke on turning stress into wellness and provided strategies and techniques for preventing burnout. Everyone needs to strive to achieve a good work-life balance.

Burnout can be obtained from work, committees, volunteering, etc. She stated it is difficult handling stress in today's environment, with everyone being pulled into different directions.

Everyone present at the meeting, most likely volunteer for many civic organizations and other things, along with what they do for the Chambers. Strauss advised how appreciative she is of everyone that is involved with the Chamber.

Strauss picked Bradford County because the people have a sense of community and it is a beautiful place to raise her two children.

Strauss then talked about work-life balance.

"There are a lot of reasons we give things to the person that is the busiest," said Strauss. With this, all the stress can cause burnout.

People get stressed out from social media. Cell phones help us but they are a major distraction in our lives. It is very common for high school kids to get burned out from their phones and technology too.

The idea is to minimize the amount of stress and prevent the ultimate burn out.

Strauss provided strategies to prevent burnout. Everyone needs to evaluate themselves daily and have goals. Short term plans should be made to assist with relieving stress. To also get away from technology is important.

Always have a positive mindset which provides self-discipline. Also, we need to discipline ourselves for continuing education.

The techniques Strauss provided were that it is generally best to avoid two 'high stress' days in a row as much as possible. Also, it is best to not avoid two days of no exercise, down time, adequate sleep but to prioritize yourself. Furthermore, build in planning time on your calendar to schedule time for yourself, but keep it in perspective.

Strauss advised of the four A's to cope with stress. Avoid unnecessary stress, alter stressful situation, adapt to the stressor and accept things you can't change.

Physical and mental health can be simplified into five main categories: sunlight, movement, nutrients, social and sleep.

It is fantastic to be outside, because sunlight causes you to be more relaxed. The sunlight provides an uplifting feeling, even one hour a day helps.

Anytime you can get outside in the sunlight and walk or any physical activity helps the mind and body. Any movement, including cardio, resistance training, balance training, etc. helps alleviate stress build-up.

Nutrients fuel the body and affects the brain. Whatever we consume affects the body, such as fats, carbs and protein.

“Social” deals with all things related to people. It includes all interactions, whether family, friends, your boss, co-workers, etc. Your social interactions all contribute to overall mental health.

If have good relationships in your life, its like a chair with four legs that hold it up.

In addition, getting enough sleep each day and not missing more than two days a week of adequate sleep can greatly enhance your wellbeing.

Turn stress into wellness through resource acquisition, acquiring the resources you need to help prevent burnout.

Grab a friend and pick at least one strategy or technique you want to set as your goal and go for it!

“Is there a polite way to say no?” asked Robyn Cummings.

Strauss advised it is easier to say yes than no. She further advised we can say we have no time and our schedule is full or if know of someone else who would be great at doing it. We could also tell them we can do this, but not that or that you are not comfortable with doing it.

Best thing everyone can do, advised Strauss, is to find a mentor to help teach them what you do, so they can assist with things you do. Everyone needs to get the next generation involved. Especially high school students that are in clubs and committees already. They have those skills installed in them and can prosper out into the community.