

BRIGHTON BANK'S

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Change is one thing we can always count on. The hard part is accepting and reacting to various changes in ways that move us forward in making a positive difference in life. It has been said that if you've done something the same way for two years, look it over carefully. If you've done it the same for five years look at it with suspicion and if you are still doing it the same way after ten years, throw it away and start over. There will always be a million reasons why change seems unnecessary or impossible but in reality constructive change promotes growth and development. Change can be looked at as a second chance to make good things happen. While we cannot control all changes in life, we do have control of our attitude and how we respond. When change is imminent, instead of wasting energy trying to avoid it, remember there would be no butterflies without change.

Remember: It is never too late to make changes and become what we might have been.

Ways to Encourage and Build Up Others

Esteem others higher. Have high regards, respect, and favorable thoughts of people in your circle of trust.

Be wise in your speech. Communicate more effectively by thinking before you speak. Choose words carefully.

Be encouraging to everyone. Encouragement gives hope.

Be quick to forgive. When others make a mistake, be quick to forgive and forget.

Be understanding. This starts by being an active listener (not planning a reply when one is speaking), and being accepting of what the speaker is sharing.

Zero gossip. Keep secrets. Never speak words that could cause hurt to others.

Share knowledge. Sharing knowledge helps one learn, discover, and understand.

Be positive! Positive thinking is contagious. Building others up allows them to open up for better things to come.

Love. Love and care for your loved ones the way you would want to be cared for.

SCHOOL IS JUST AROUND THE CORNER

Each year children return to school and parents must learn to allow them to experience the daily disappointments and frustrations in life. This is often hard, but it is necessary so that children can grow up to be successful, resilient and self-reliant adults. Here are five suggestions from Jessica Lahey, an author, educator and speaker, to help parents prepare children for the world: 1. Resist the urge to save your child from every experience. There was a soccer coach who, whenever one of her players would say, "My mom forgot to pack my shin guards," would reply "Well, I guess your mom won't be playing soccer." Ask yourself, are you doing this for your benefit or for your child's? 2. Don't obsessively check children's grades online. Parents should monitor grades and set up clear expectations and consequences. If a problem does arise, let your child try to figure out how to handle it before intervening. 3. Encourage competence. Competence is a feeling of confidence that comes from actual experiences, as opposed to children being overpraised. 4. Help children develop goals. Children need concrete goals of their own. Avoid goals like I am going to get an "A" in math and set goals like I am going to hand in all my homework on time and complete. 5. Set your own goals. Share your goals and let your children know you are still learning.

BRIGHTON BANK—YOUR LOCAL COMMUNITY BANK

- ❖ As a community bank, our loan approvals and key decisions are made by people who live in the community and understand local needs.
- ❖ As a community bank, we offer the same services as larger banks at competitive pricing.
- ❖ As a community bank, we work to turn deposits into loans and other productive investments in our community.
- ❖ As a community bank, we want to do business with you and will work with you to help accomplish your goals.
- ❖ As a community bank, we are a small business and understand issues faced by our small-business customers.
- ❖ As a community bank, we support local nonprofits by volunteering time and money.
- ❖ As a community bank, we have been here for over 40 years and consider ourselves part of the community.

Come in and Enjoy "A RELATIONSHIP" with us today!

We cannot become what we need to be by remaining what we are.

LAUGHTER A HUMAN BIRTHRIGHT

Infants begin smiling during their first weeks of life and graduate to laughing out loud within months? According to *Discovery Health*, by the time a child reaches nursery school they laugh about 300 times a day in contrast to adults who laugh an average of 17 times a day. Laughter makes us feel happy giving us a sense of contentment. Stress and negative feelings subside as we laugh, which is great for our overall health. If you don't laugh 300 times each day try smiling, it is the beginning of laughter. Count the good things in your life to help you avoid negative thoughts making it easier to laugh. Spend time with fun people who laugh easily and can find humor in everyday life.

**Laughter is contagious so laugh today
and pass it along.**