



Monthly Newsletter

Volume 21 Issue 9

April 2023

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Monday-Friday.....9 AM - 4 PM

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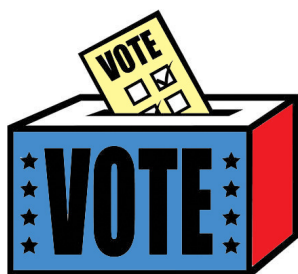


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VOTE TODAY!

Don't wait until the last minute. It's very important that you vote in the upcoming Marbella Board of Directors election.

Your vote must be received by **7:30 pm on Tuesday, April 25.**

If you didn't receive a ballot, contact the office immediately at (305) 868-5208 or marbellacondo@att.net.

If your unit is owned by a trust or LLC, you must file a voting certificate, signed by all trustees or corporate officers, naming you the voting representative. If you filed this before and nothing's changed, you don't have to file a new certificate.

LET'S CELEBRATE OUR TALENT!

We are thrilled to invite you to a **POETRY READING** by **RICHARD BLANCO**, Resident of Marbella, on Thursday, May 4 at 7:00 p.m. on the Inside Mezzanine.

Richard Blanco is an internationally renowned poet, author, professor, and public speaker, who was just awarded the National Humanities Medal at the White House in March 2023. He was the Inaugural Poet at Barack Obama's second inauguration in January 2013.



He will be introduced by another Marbella resident, Ruth Behar, who is an author and public speaker and Professor of Anthropology at the University of Michigan. Ruth and Richard are long-time friends. Light refreshments will be served. Please RSVP to Hilary Feldman or Alejandra through What's App

April Is Stress Awareness Month

Stress is present in everyone's life. April is recognized as National Stress Awareness Month to bring attention to the negative impact of stress. Did you know that up to 60 percent of all visits to family physicians are stress related? And approximately 40 percent of employee turnover is related to stress. On an individual level, unmanaged stress is related to an increased risk of cancer, lung disease, heart disease, and suicide.

Some stress is normal. Stress can be negative, like a death, firing, or daily problems, or it can be positive, like planning a wedding, having a baby, or going on vacation. There are ways to manage the stress in your life. Consider these tips for coping.

Include exercise in your day, even if it is just a walk around the neighborhood. Exercise helps to dispel excess stress hormones from your body and boosts your energy level. Make sure you get enough sleep, at least seven to eight hours a night. Eat a healthy diet, limit alcohol and caffeine, and drink enough water each day. All of these will increase your general level of health, as well as decrease the effects of stress.

Make sure that you take time for yourself each day. Leave time in your schedule for activities that you enjoy. If you feel overwhelmed, try writing down every task that you want to accomplish each day, crossing them off as you go.

Identify those things that are particular stressors for you. Make a list of alternative approaches to dealing with these, and start by trying the easiest approaches first. If they don't work, try something else. Above all, be flexible in dealing with those things that are challenging in life.

Remember that no one is perfect. Learn to set priorities in your life and focus on completing them as well as you can. When you are confronted with a stressful situation, change what you can, and don't waste energy on what you can't change.

If you feel that the stress in your life is more than you can handle, there is help available. Seek the advice of a medical professional, mental health therapist, or a clergy member to explore all of your options.

Stress Awareness Month

- STOP**: Stop, breathe, and think before reacting.
- Relax Daily**: Take 10-15 minutes to relax each day.
- Let Go of the "Shoulds"**: Stop worrying about what you "should" do.
- Get Some ZZZs**: Get enough sleep each night.
- Seek out Support**: Talk to someone you trust about your stress.

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