



(205) 433-4022

**SUPERIOR SERVICE ELECTRIC**

*"Call Us Today and We are On the Way!"*

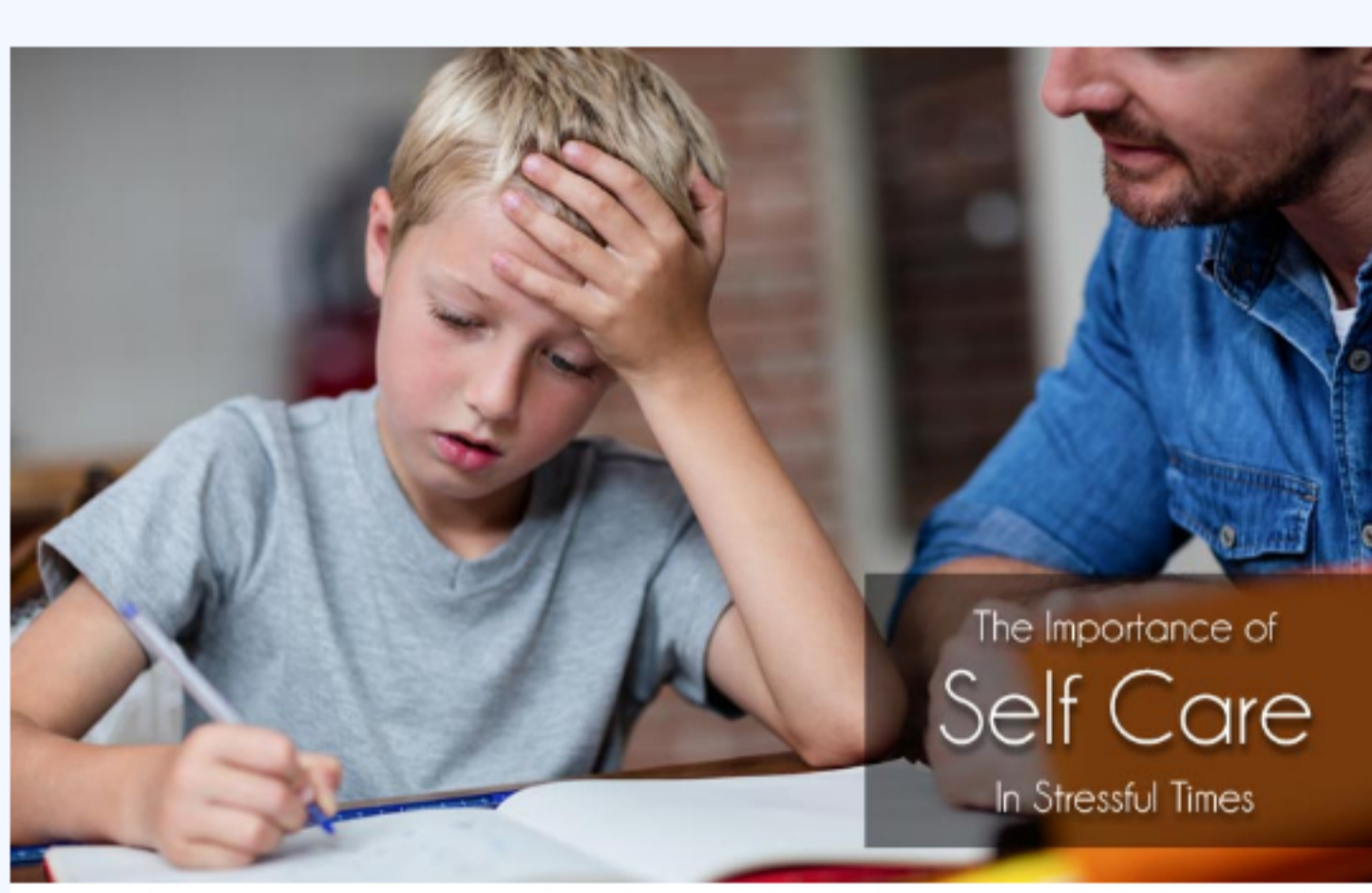
## Think You're Stressed... What About Your House?!



*Your House Is Stressing Out Too* — As you and your family have been home more and more, that means even more utilization of nearly every component of your home. You being home more is actually adding extra stress to your property, including an additional burden on your electrical system.

Show your home some love with a little help from us! We'll help with an electrical safety inspection to make sure your house can keep up with your increasing electrical consumption demands.

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**Getting Used To The New Normal** - As lockdown, work from home, and virtual schooling are all happening at the same time now - chances are you're a *little* more stressed than usual today. And that is most definitely to be expected. The important thing is to recognize and manage that stress now before it becomes to a bigger burden on your mental well-being.

- **Tune Out And Put Down The Phone** - It is important to stay informed, but it is also important to not let it ruin your day. Referred to as "Doomscrolling" or "Doomsurfing" - it is the practice of reading negative messages and bad news to the point of affecting your attitude or mental health. If you want to use for your phone to find news, be targeted with your efforts and minimize your screen time if need be.
- **Use Your Tech To Reconnect** - Instead of using your technology for doomscrolling, take the time to reconnect with friends or family virtually. Zoom with the grandkids, have a virtual game night or wine tasting with friends, or just send an email to say hello!
- **Recognize The Stress Of Others** - Take a step back and realize that you're not the only one stressing right now. A lot is being expected of kids doing virtual school, other family members working remotely, or may have even lost employment during these times. That's not to say that you *shouldn't* feel stressed too - but taking the time to work with others and helping them through their rough patches can also help you get through your own stressful times.
- **Redirect Your Energy Into A New Good Habit** - Harness your stress and turn it into something better. If you've got more time than usual on your hands, you can do something as simple as start to learn a new language via phone or computer app. If you want to step things up, you can burn through some mental and physical energy by taking up a creative process like creating art, tending your own garden space, or doing some woodwork.
- **Enjoy The Moment With A Change Of Scenery** - While your vacation plans may have been dashed, you can upgrade your current space to give yourself a permanent "staycation". Improving your interior or exterior space - with a change in decor, furniture, doors, windows, or color - can transform your home and give you a relaxing "new" place to spend your time at home.

## The Equinox: The Official Start Of Fall Is 09/22



**Fall Officially Begins Soon!** — It may not feel like it yet, but summer is just about over. While most people notice the change in the season because *Pumpkin Spice everything* is hitting the shelves, the "Autumnal Equinox" is officially when fall begins. The equinox is the point at which there are equal hours of day and night. After that, the days become shorter and the nights become longer.

As the daylight and seasons transition, it's also an excellent time to think about your house and things you may need to do to ensure your home is ready for the fall and winter.

**And we can help with that** - Just reach out to us and ask us how we can make sure your home is ready for the changing seasons!

**Superior Service Electric is here for all of your electrical system needs. Contact us [online](#) or call us at (205) 433-4022.**

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