

## The First Day Of Fall Is Just Around The Corner



coming up soon! September 22nd officially kicks off the fall - and you need to make sure you're ready for it. No, we don't say that because fall brings regular season football and

We know it doesn't feel like it, but the first day of Autumn 2021 is

pumpkin spice lattes. We say that because it's time to think about your fall home maintenance! If you'll be spending more time indoors for the fall and winter, you'll

need to make sure your property is ready for your increased interior space utilization. Electrical safety inspections and minor additions like new outlets or ceiling fans now can make for a more enjoyable time inside.

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# That doesn't mean you have to go pick up another self-help book or

start a new hobby. In these stressful modern times, it is essential to

September is National Self-Improvement Month

remember to take time and take care of yourself. Even though you may feel like you have many people depending on you, you can't be your best self on accident! Self-improvement can be achieved in many ways and can have unique meaning to each individual. Figure out what you need to do to

feel like your best self. We've got some ideas that can help get you

started! Steal A Few Moments For You If you find yourself constantly running and playing a balancing act between work, family, and home, try a simple

## that is exclusively for you. Quietly enjoy an extra cup of coffee or try out a "meditation" app on your phone for a few minutes where you are focused only on yourself.

Many people feel like they are contributing more to the

timeout for yourself. Carve out just 5 minutes in your day

volunteer hours to their favorite cause or charity. Get Physical While the post-holiday time is typically when people try to pick up new health habits, what better time is there than

the present! Introduce some new routines into your day -

even if it is just switching out one snack for a healthy

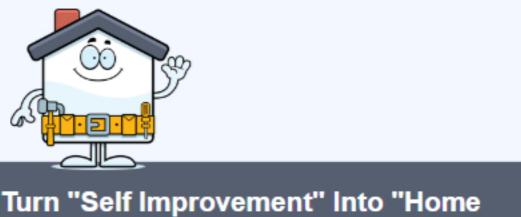
world when they volunteer or support a non-profit. Some

can provide funds, and others can give of their time to offer

your property to be its best.

alternative

Give A Few Moments Away



and HVAC fail, it can be very inconvenient to deal with. When electrical systems have major problems, it can lead to more dire

consequences. An electrical safety inspection is the first step to

ensuring you, your family, and your property remain well-cared for.

Electrical safety is vitally important. If other systems like your plumbing

Improvement"

Just like how you need to care for yourself, you also need to care for

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