


U know what time it is

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U know what time it is

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Leer en EspañA: Ol Lor Em PortuguAs Feeling so busy that you don't have the bandwidth to think about your needs, let alone do something about them? Maybe you're thinking about work all the time, or worry that you're not proving yourself or your worth if you're not available 24 hours a day, 7 days a week (especially if you're working remotely). Maybe you're playing for childhood manipulation, eldercare, pet care or other family commitments. Or maybe you just got involved in the normal " - Alife" task of paying bills, keeping a clean home and managing day to day. How do you disconnect time to yourself, your health and your needs when you're always on? The first step is to stop, take a deep breath and realize that the world does not rest completely on your shoulders. Many times the people around you could help most if you've simply asked and spread the responsibilities both professionally and personally. And in some cases, you need to let go and trust that everything will be fine, even if some tasks on your list are performed imperfectly or at all. The next step is to give you permission to take care of yourself now. If you take care of yourself until the job is less busy, your children are back to school, your house is in order, or some other circumstances are exactly right, you may never get to it. But if you take a short break and go through these steps, you can start taking care of yourself, even when it seems like your responsibilities at home and at work never end. Define what you need when it comes to health and happiness, different people have different needs. But there are some universal truths. We all need the basics of sleep, exercise and enough food. And to prosper, most require quality time with people, time in nature, time for spiritual connection and time doing something that brings joy. Take a moment to define what you need and what you want. Ask yourself: how many hours of sleep are enough to be alert during the day? What kind of physical movement keeps you fit and painless? What nourishment keeps your energy and makes you feel satisfied? What kind of people do you like to hang out? How can you find ways to be out? How can you connect with yourself and find your spiritual center? What activities give you joy (a hobby, reading, volunteering, etc.)? You don't need to apologize for your needs. They're good. And it's also OK that has desires, even when your life is full. Determine what you can do at certain stages of your life - When work is particularly busy, you were managing children in remote school, or you're going through a big change as a move - you might not be able to do all the self-care that you But you can still do something. Think through what are reasonable considered your current situation. For example, you may not be able to train for a half marathon right now, but you may take half an hour to run a few times a week. Maybe you can't guarantee youThrough the night you give the ages of your children, but you can go to bed an hour in advance to give you a margin. Maybe you can't see your friends in person, but you can give them a call while you're cooking dinner or running errands. Take a look at your program and where there can be small pockets of time. What would have worked to meet your needs now, within the time you have? Set the time If you feel like there is more and more you could do, you may need to consciously consider the time for the car-care. In this way, it will give you clearly permission that this is the most important and appropriate thing to do now. Programming helps you see where the auto-cura fits into your program and how other essential activities have their places around it. For example, I have a pre-packed bed alarm that turns off on my phone from Sunday through Thursday evening to remind me that sleep needs to be priority. I've had a time apart in the morning to train - in my case, swim. And I have moments for prayer, family and friends. You could also put in time to read during lunch or next to your son before going to bed. You could take a short nap or meditation during the collapse of the afternoon of energy, or go for a walk like a family after dinner before you settle in front of the TV. Or, plan nights to start so that you save the cooking time and can fit into a commission or exercise video. Think through when you want to take care of yourself a priority. Not only does self care reenergize you, but it can also motivate you to stop wasting time on unsatisfactory activities. It is less appealing to Instagram in the afternoon if you could use those few minutes for a quick awareness exercise or you know you have to get your work done by 5 P.M. to get into your workout before dinner. Prepare to make it happen, you have to solve that your time of self care is sacred and will follow you on it. This means eliminating obstacles and putting into objects that strengthen positive behaviors. For example, if you want to exercise more, clean the treadmill, have your favorite workout videos in the queue, or register for the training classes in advance where there is a 5A penalty if you cancel the last minute.à or if you want to eat healthier, it has a list of weekly food standard nutrients, remove unhealthy food from your kitchen and have some options of quick premade or takeout for those days where you are. You may also join a challenge where you have responsibility, support, and sometimes even win prizes to achieve your self-care goals. To strengthen positive behavior at the moment, think about the details in advance. Eliminate friction between yourself and your goal. Disposing your ownexercise next to the feet of your bed - or even wear them to bed as pajamas - to save time before going out for a run. Or, install an app on your phone and your blocking computer blocks Of course as a reminder to get sufficient sleep. Remember what you are doing and because it's important for you, so when you're tired or feeling unmotivated, you have the parentaled to follow. Be clear with others finally, prepare others. If your spouse tends to stand up late to watch TV, let us know when you need to look at the final show and then go to bed. If your children get up early and are great enough to play safely for a while, they explain that you exercising you, reading, reading or sipping a cup of coffee in the porch in the morning, and can join you if he likes o They are playing until you can do. Set boundaries similar to work. If someone suggests a morning or late night encounter and it is negotiable, ask for a time that will work better for your sleep program or other self-care routines. And if you find yourself perpetually with the last minute requests from your boss or your customers, they have a conversation with them of the possibilities. Could you be informed of imminent needs before? Could you receive jobs before? Could the terms be negotiated? To have time for self-care, you have to defend yourself and your needs to make it happen. I can't guarantee that you've ever felt really "À e à, - À " off. But you can take measures to make sure you focus attention to take care of yourself every day. À e à, - Away on the does not mean that you have to sacrifice your needs. It only means finding time to make sure your goal is on yourself. Photo of courtesy: Dalibor Truhar / YouTube Affixt Spot affectives do not sell us only a great product; They also tell a story. People buy with their emotions before their logic, which makes advertising playing on thus effective feelings. These are the most iconic spots, those that have remained in the minds of spectators years or even decades after the fact due to their memorable stories, controversial statements or existing jokes. Which of these products would you buy based on the advertising spot? The set of this commercial for the scent of obsession looks like an Escher painting due to its combination of black and white colors and different stairs. With his emphasis on elegant and sophisticated flowers and shapes, it was easy to see the obsession was about to be a world, well, obsession. Courtesy photo: Charles Wieland / YouTube This highly stylized art movie was dreamed, exotic and made an impression, not only for his direction, but also because it makes no sense. Who knew to confuse your consumers could lead to millions of dollars in revenue? Novel 1984 George Orwell is a clip of pop culture, so it is not surprising that someone has tried to use it in a spot in the holder year. In this Super Bowl Commercial, Apple states that his technology can from the iron clutches of Big Brother and bring you to freedom. Photo courtesy: Robert Cole/YouTube Apple "1984" is credited for creating super bowl advertisements one thing first and foremost He has won many awards, including a CLIO award. AD Nominated The number one Super Bowl Commercial of all time - an impressive feat, considering that it is one of the first. In this 1979 commercial, petty Joe Green Shotgun gave him a coke from a young sports fan after a game. As a thank you, Green throws his shirt and spouts the famous line, "Hey Kid, Catch!" which has been parodied and referenced since then. Photo courtesy: STIGGERPAO / YouTube not only won a CLIO award, but also inspired a 1981 Made-For-TV movie, Steeler and the Pittsburgh Child. In addition, African-Americans were still a rarity in commercials at the time, and the success of the CD further showed the importance of portraying them in the media. This animated Australian Safety Campaign is designed to promote the safety of children. His cartoon characters told the children how to avoid danger around trains in particular, but also highlighted education, food poisoning and fire. Photo courtesy: Bae Made / YouTube The campaign has become the most awarded campaign in the history of the Cannes International Film Festival Lions of Creativity and has led to multiple spin-offs, including a mobile game, books and children's toys. It is also credited with improving train safety in Australia, reducing the number of "quasi-miss" accidents by over 30%. "This is your brain, this is your brain on drugs, all the questions?" This love-love PSA was undoubtedly frightening for children but it was memorable in delivering its anti-drug rhetoric. The campaign was so popular and memorable that another campaign was launched featuring the actress banging the pan into plates and other fragile objects. Photo courtesy: Anthony Kalamut / YouTube Multiple PSAs were made in the 1980s to warn children about the dangers of drugs, but the sizzling eggs on the pan are the most iconic. Granted, whether it was effective in preventing drug use can be a different matter. Sometimes, an effective advertising campaign is a parody of less successful advertising. "When I grow up"... was exactly that, a parody of aspiring commercials telling children to reach the moon and the stars. Where other ads have come across too idealistically to believe, this has not been taken too seriously. Photo courtesy: Alex LaSarenko / YouTube Monster Motivating Ad is fun and unconventional, and overnight, has doubled the monthly viewers on the website's work from 1.5 to 2.5 million. He has also won numerous industry awards for his message. America loves the arrival of age stories, particularly easily digestible. This commercial told the story of a boy and his dog duck, who both grow old As the viewer learns why the dog received his unique name. Spoiler: Duck is like the boy pronounced the name "Duke" when he was a child. Photo of courtesy: Medpets de / YouTube yes, it is emotionally manipulative. Yes, Iams is not a particularly unique dog food brand, and yes, many spectators probably knew what the announcement was doing, but people cried anyway. It's not day every day A commercial breaks your heart like this. Why is it a commercial gum trying to make you cry? The most likely from the national geographic rounds the Grammy Awards. At Chris Martin, Chagnin, many spectators and critics thought the stop-motion mall performed better than cold that night. In this commercial mockumentary about a bear fishery, a boy shows up at Kung-Fu fights the bear so he can steal his salmon. A scene that could be stolen from the national geographic rounds the Grammy Awards. At Chris Martin, Chagnin, many spectators and critics thought the stop-motion mall performed better than cold that night. In this commercial mockumentary about a bear fishery, a boy shows up at Kung-Fu fights the bear so he can steal his salmon. A old spice was not a company that preferred fun advertising on a serious marketing at the beginning, but everything has changed in 2010. Isaia Isaiah Delivered the audience kept laughing from start to finish and made the phrase, "I'm riding", a joke alone. Photo courtesy: old spice / youtube The commercial has won a throb of awards, and after receiving over 55 million views on YouTube, the old spice has decided to make even more ads using the same premise, giving life to the old spice ray and a thousand meme. This commercial depicting a Native American crying over the pollution of his land was one of the most successful campaigns run by Keep America Beautiful, a non-profit advocating for the removal of garbage along highways. The commercial has become a hallmark of the 70s of environmentalism. Photo courtesy: Justin Engle / Youtube Fun Fact. While iron-eyed Cody, the actor who played the Native American chief, claimed to be Cherokee, his family said otherwise, and it was confirmed after that death will really be Sicilian. His birth name was Espera Oscar de Corti. She also needed to wear a life preservative under her Buckskins when she was canoeing on the river because she couldn't swim. This ad for Mentos Candy combined a Euro-pop jingle with crown recitation and beauty that was fashionable in the '90s. At first it was not effective, but it gave visibility to a candy that was not famous in the United States until this advertising campaign. Photo courtesy: Madman TV / YouTube Gen-Xers love the eye-catching jingle, and so did the Foo fighters. The music video for their single "Big Me" parodied the ad and won an MTV Video Music award for its troubles. The director of the video, Jesse Peretz, called the "total commercial lobotomized happiness" total ". If you ever threw a sheet of paper rolled up in the trash while screaming, "money!", you have "Hang Time" to thank for that. Director Spike Lee and Michael Giordany have collaborated to mock the traditional image of "Hero Athlete" to create a series of hilarious commercials. Photo courtesy: Massive / YouTube Spike Lee appeared in commercials like MotoMouth Mars Blackmon. This 10-part series has made Air Jordans a household name and made multiple slang terms and jokes popular. Michael Giordan has appeared in hundreds of commercials throughout the complex, including his infamous McDonalds appearance, but this is his best. Wendy's, Burger King and McDonald's are fast food rivals to put an end to all fast food rivals. While the first of the three is often lagging behind his competition, the caught, "Where's the beef?" From inside the Super Bowl Commercial Wendy helped to recover a bit by drawing attention to the lack of beef in her rivals' "Hamburgers. Subsequently the phrase came to call the substance of something in question. Photo courtesy: / YouTube The ad campaign helped boost Wendy's revenue by 31% that year and was used in Vice President Walter Mondale's presidential campaign. Not only did the campaign make more meat, but it also revived Mondale's branding campaign. It's about two birds with one stone. Beer commercials are well known for using beautiful women in ads, which made Budweiser 's "Wassup" commercial all the most unique. He showed the boys who came out, and made beer a subtle element in advertising itself. This Super Bowl ad has created a new kind of commercials that used entertainment to sell a product. Photo Courtesy: simongir/YouTube "Wassup" became a world phenomenon and was later parodied in the early 2000s, including through an entire scene in Scary Movie. This campaign by Budweiser is still popular on this day, with Burger King creating a change of his own in 2018. In 1994, IKEA launched a trilogy of ads focusing on different families who buy dining room furniture, including a husband and wife, a divorce and a gay couple. Religious law protested announcement with gay men, but IKEA did not refuse. courtesy photo: John Sloman/YouTube The Swedish furniture company claimed that the commercial was not a political statement. They simply wanted to portray modern Americans throughout their different relationship status. IKEA won great points with the LGBTQA community and their allies, leading to increasing sales. When Marilyn Monroe told an interviewer who only wore Chanel #5 in bed, he made the company millions of dollars. To capitalize on that success of a new generation, Chanel used a mix of acting and technology to hit Carole Bouquet in Marilyn Monroe singing I Wanna Be Loved by You. Photo Courtesy: Marisolcitos/YouTube Chanel paid a nice penny to use Monroe's similarity and song, but money was worth it, as skyrocketed sales. Chanel No. 5 is still the top quality perfume for the company, and is partly due to the cultural cache that the announcement gave the film two years ago. "Little rabbit, Trix is for children!" says an unbelief girl after passing an animated rabbit. That rabbit has been looking for the fruity goodness of Trix for decades now, but until today it has not had a bite. Photo courtesy: pretzel78/YouTube The advertising campaign was so popular that 50 years later, people are still saying catchphrase to get people away from their food. While sales for cereals have declined since late, the brand has still succeeded in milk years of success from a single announcement. The classic Meow Mix song is a success today, but it was actually the result of an accident. While filming a cat who eats for use in an advertising spot, the cat in question began to suffocate on his food. While the cat was fine, the footage was unusable — until someone decided to take a sniper of the video and use it to create the famous cat boxed to lip. courtesy photo: Mackenzie Rough/YouTube The place where the song Meow Mix costs only about \$3000, but the company later made millions off the funny advertisement. It was so successful that the cat was finally printed on bags of cat food. In this Super Bowl commercial, Terry Tate destroys an office building and its staff and is paid for it. If you haven't seen it already, you're here for a surprise. One-liner and outrageous behavior actually earn this commercial place in the ad pantheon. Complimentary photo: Kris Decker/YouTube Although it was incredibly popular, only 55 percent of polluted viewers remembered that the spot had something to do with Reebok. The company reported that sales have still increased four times online, but the announcement still serves as a warning signal that not all successful ads lead to higher sales. Isn't Betty White ever funny? The answer is no. During the 2010 Super Bowl, the former Golden Girl starred in the now famous "You're Not You When You're Hungry", which generated an entire set of additional ads. Complimentary photo: The best of the world/Tube The announcement won the night for the best Super Bowl spot and helped Snickers earn a total of \$376 million in two years. He was also credited with revitalizing Betty White's career, which appeared on Saturday Night Live and other major roles shortly after. This unique announcement takes viewers through the history of 60 years of Honda. Start with the idea of Soichiro Honda to use a radio generator to feed the wife's vehicle and end with a red Honda that moves away in the desert. The paper background makes the commercial sensation nostalgic and personal. Photo Courtesy: Honda/YouTube Honda has made such an impact on their target market that won an Emmy Award. Created through four months of hand-drawn illustrations by dozens of animators, the tipping techniques and paper stop-motion used in trade turned out to be revolutionary. For example Age has described this ad as "impossibly stupid, impossibly brilliant", and this is certainly not wrong. E-trade is an investment site that helps people make informed decisions about things like actions and obligations. Advertising shows a chimpanzee dancing in a garage and lip-synching "La Cucaracha". Complimentary photo: ascheandspencer/YouTube The elderly off-rhythm, flanel-la-clad apparently paid \$2 million for the privilege of spending time with this primate. E-Trade informs the viewer that there are better ways to spend hard earned money, and they can help. "Puppy Monkey Baby" features, unexpectedly, a strange hybrid creature similar to a child, monkey and pug. It was bizarre, and probably the cause of many nightmares of a child, but it was a success of social media. It generated 2.2 million online views and 300k social media interactions in one night. Complimentary photo: Mr Alcohol/YouTube Mountain Dew knew that the confusion on the sketch would attract attention, and they were right. That people loved the baby monkey puppy or hated, Mountain Dew was on their minds. This strange creature brought millions of sales. Thanks to adoption announcements of the 1960s, it is known that many rural parts of Kenya have waterpoor. In 2013, WATERisLife nonprofit created a campaign that brought awareness to this fact again. In fact, according to the announcement, 1 out of 5 children in Kenya will not reach five years. Complimentary photo: GreatAdsOnline/YouTube Two adorable four-year-old boys, Maasai and Nkairole, go on an adventure to see everything they can "before they die". The announcement: the heart of the nation and began a domino effect of mass donations. Volkswagen's "Force" is currently the most watched Super Bowl ad of all time. In the commercial, a little boy dressed as Darth Vader tries to use force in several ways. "successively" uses it against a car when his father secretly activates it with a remote control. Photo Courtesy: Greatest Ads/YouTube Volkswagen posted the ad early on YouTube, where it gained 1 million views overnight, and 16 million more before the Super Bowl. He paid for himself before the ad ran on television. Prior to this announcement, it was not heard for advertisements to work effectively before their initial release. This Thai life insurance business has been hugely popular because of how beautiful and touching its history was. He follows a man who loves to do nice things for people, but this "unseen hero" doesn't get any adoration for him à at first. Photo Courtesy: thaiflchannel/YouTube Apparently, ads showing a good cause and trailer on the spectators' ropes are particularly effective in East Asian countries. Considering how popular he was in the United States, he must have had an even better ride in his native Thailand. Thailand.

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