



PCS NEWSLETTER

2ND QUARTER
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CALM  STRESSFUL DAY

Have you ever had "one of those days" where everything seemed to go wrong?

Maybe you overslept, ran late getting out of the house, didn't have time for breakfast, and then got stuck in traffic for an hour. Or maybe another "mini disaster" just came to your mind right now.

Whatever your experience... we've all been there. And it can easily put you in a bad mood for hours.

However, thanks to some fascinating research, there's a quick and easy way to get your day back on track.

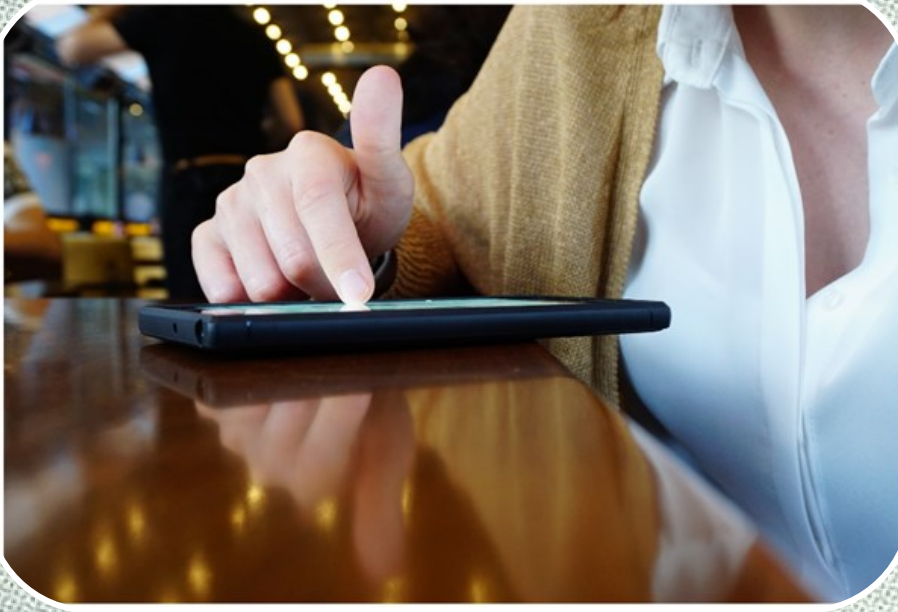
All you need is an orange peel. It sounds strange, but the science is solid. Mayo Clinic researchers have affirmed there's a tremendous stress-relieving compound buried inside orange peels — called D-limonene. But you don't have to ingest D-limonene to start feeling its effects. Just SMELLING it can make a difference!

Turns out, when you smell an orange peel, the D-limonene you inhale increases your brain's serotonin and dopamine levels — which helps you instantly feel calmer and more relaxed.

In fact, according to Barbara Thomley, lead coordinator for the Complementary and Integrative Medicine Program at the Mayo Clinic: "From what we've seen with our patients, even a quick smell can make a major difference... lessened anxiety always seems to emerge as a benefit." Pretty cool, right?

So next time you're having a rough day, remember to sniff an orange. That citrusy smell can help "take the edge off" and quickly put you in a better mood. :)

P.S. If you have an orange nearby, why not try this now? Just quickly smell that peel and notice how it lifts your mood. It works like a charm.



What Is “Mindless” Scrolling?

Scrolling through feeds is arguably one of the most common things people do on smartphones and tablets. Facebook, Instagram, Reddit, TikTok, and many other services thrive on it. But is all of this mindless scrolling adding anything to your life?

First, to be clear not all scrolling is bad. It would be foolish to say that nothing good has ever come from checking Twitter or making a Reddit post. It's very possible to learn new things, make friends, and have valuable experiences online, but you're probably also wasting a lot of time.

The distinction being made here is *mindless* scrolling. Mindless scrolling is swiping through TikTok because you've got 10 minutes to kill. It's reading Facebook while you're on the toilet. If you pull out your phone for no other reason than you have a second of downtime, that's mindless scrolling.

That's really the key to mindless scrolling. When you're doing it simply because you feel the need to fill every nanosecond with stimulation, you're not adding anything beneficial to your life. All these little moments add up over time. You're chasing a dopamine hit.

You've probably heard of “doomscrolling” before, but that's slightly different than mindless scrolling. Doomscrolling is specifically looking at something you know will be upsetting. Mindless scrolling can be doomscrolling, but it's usually exactly that—mindless. You're not seeking anything specific at all.

What's So Bad About It?

Mindless scrolling is a lot closer to an addiction than many people want to admit. It might start by checking social media while you wait for something at work, but then it starts bleeding out of those moments and into the time you could be spending on other things.

You may start to feel a draw to pull out your phone. Maybe you feel uncomfortable when there's nothing immediately stimulating in front of you. You're essentially training your brain to expect the dopamine rush whenever there's not something that demands your attention.

Here's the really nasty thing about mindless scrolling: social media sites are designed to get you addicted to them. The algorithms learn your habits and surface things they think you'll like. The constant stimulus is designed to motivate you to come back over and over again—even if the experience isn't particularly positive.

All of this is bad, but the real problem is none of it is providing anything beneficial. You're not opening Facebook with a specific intention, you just want to "see what's going on." That's not a productive use of time, but you already know that. Everyone knows that. Yet we do it all the time.

Be Intentional

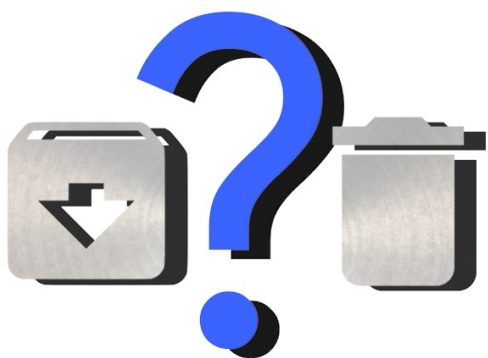
So what's the trick to using these services without all the mindless scrolling. There are genuinely useful things you can take away from social media and other similar websites. The thing to remember is intention.

There's a big difference between opening Facebook to scroll around while you've got five minutes to kill and opening Facebook to send a message to a friend. There's a big difference between watching YouTube for hours every night and finding a YouTube video to show you how to bake a cake.

The intention is the key. One is filling time with mindless stimulation, the other is performing a specific function. These services certainly make it hard to have healthy habits, but it's not impossible. You just need to know what you're doing. The next time you reach your finger to your social media app of choice, ask yourself why?

Another way you can be intentional is to curate your feeds. Make sure you're following people and accounts you genuinely want to see. Remove anything or anyone that isn't necessary. Doing this will make your experience a lot better and won't pull you into rabbit holes as easily.

This is not to say that you need to fill your day with only "productive" tasks. In fact, it's quite the opposite. Let yourself sit in boredom once in a while. You don't need to constantly bombard your eyeballs with scrolling feeds.



A R C H I V E O R D E L E T E

What's the Difference Between Archiving and Deleting Emails?

When it comes to removing emails, there are two options that nearly every service has—"Archive" and "Delete." It's a little confusing why there are two choices that sound very similar. What's the difference and which should you use?

Both archiving and deleting emails will remove them from your inbox, but that's where the similarities end. Knowing the difference between the two can potentially save you from some trouble. Let's take a look...

What Happens When I “Archive” an Email?

The archive function in email services is essentially “Delete Lite.” The email is removed from your inbox and your sight. It feels like you deleted the email, but it’s not gone forever.

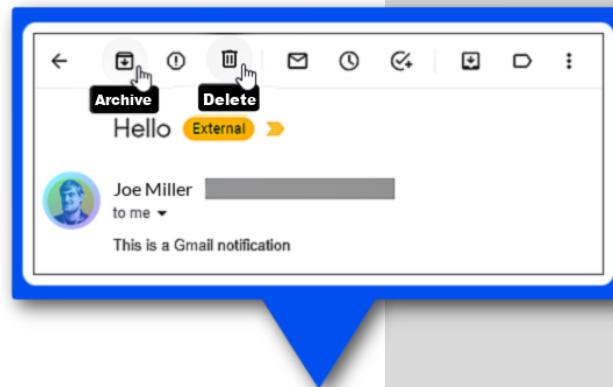
Archived emails are usually put into a special “Archive” folder. In some cases —like Gmail—they don’t go to a special folder at all, but they’re visible when you switch to view “All Mail.” Archived emails also still appear in search results. If you think about physical mail, the archive function is like shoving a piece of mail into a drawer. You won’t see it anymore, but it’s still there if you need it.

What Happens When I “Delete” an Email?

Deleting an email is a permanent function... mostly. When you delete an email it’s usually moved to a “Trash” folder. That’s where it will sit for 30 days, after which it is removed for good (usually).

Emails that have been deleted do not show up in “All Mail” and you can’t find them with search. You have 30 days to change your mind, but after that, it’s never coming back.

To use the physical mail example again, deleting is like putting mail in your trash can. You might have a few days to retrieve it, but after you take it to the curb, it’s gone forever.

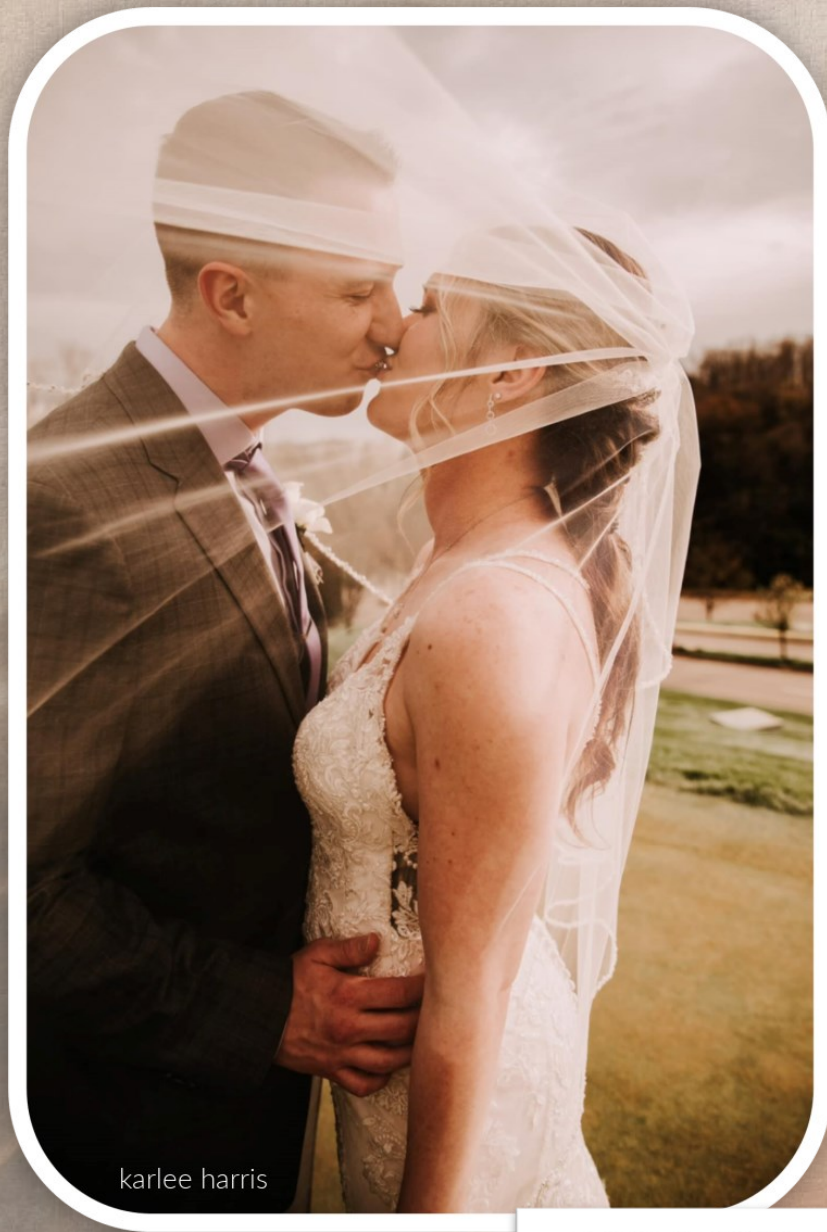


Which Should I Use?

With these definitions in mind you might be thinking there’s no reason to ever fully delete an email. Well, that might be true... if you’re willing to pay for storage. The days of unlimited free storage for Gmail accounts are over. Back in 2013, Google merged all the account data together and capped the free plan at 15GB. Your Gmail inbox, Google Drive, and Google Photos all count towards that allotment. All those archived emails can add up. So unless you want to pay for more storage, you should delete some emails.

It’s a good practice to delete any email you know you’ll never need again and archive the others. Don’t let annoying spam emails eat into your storage. Also, keep in mind that the U.S. government can look at emails older than 180 days without a warrant.

Archive and Delete may sound familiar, but their functions are drastically different. Go forth and use this knowledge to clean up your inbox.



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What is Wi-Fi Calling, and Should You Use It?

If your home or office has spotty cellular coverage, Wi-Fi calling is a nifty little solution that can make your life a lot easier. Here's everything you need to know about Wi-Fi calling, and how to start using it.

Voice Calls Over Wi-Fi

As its name suggests, Wi-Fi calling or VoWiFi (short for Voice over Wi-Fi) is a feature that allows you to call or text over Wi-Fi.

Calling over Wi-Fi and the internet is nothing new. For years, we have used apps and services like Skype and WhatsApp to send messages or make calls over the internet. But what separates Wi-Fi calling from these apps is only the medium of last-mile connectivity. Everything else stays the same. Instead of using the cellular service to send or receive voice calls from the carrier's network, your phone uses Wi-Fi. You still use the same dialer, same text messaging app, and same contacts list. Everything works seamlessly.

Once you have activated the Wi-Fi calling option on your smartphone, it automatically kicks in when your cellular service is limited or unavailable. All your calls and texts are routed over the internet using Wi-Fi. Depending on the carrier, your phone may even keep Wi-Fi calling feature active when you are in an area with good cellular service but connected to a Wi-Fi network. It helps carriers reduce network congestion while providing better voice service to you.

Why Would You Want It?

There are multiple benefits to using the Wi-Fi Calling feature on your smartphone. Most importantly, it allows you to make or receive calls even when you have poor or non-existent network coverage. So it can be beneficial if you live or work in an area with poor outdoor or indoor cellular service.

Another good thing about Wi-Fi calling is that you don't need to do anything apart from enabling the feature. All your calls and texts function as they would if you used the cellular network. And since the feature is baked right into the phone's dialer, no additional downloads are necessary, and all your contacts are available whether or not they are using Wi-Fi calling.



More than that, you get a better voice quality than what you would get if you were calling on limited cellular service. Additionally, Wi-Fi calling doesn't even consume that much data. A typical voice call is around 1MB per minute.

So assuming you have a decent internet plan and aren't talking for hours on end, you don't have to worry about data charges. Simply put, Wi-Fi calling is a no-brainer. It has several benefits and probably won't cost you anything.

What Does Wi-Fi Calling Require?

You primarily need three things to use Wi-Fi calling—a working Wi-Fi connection, a compatible smartphone, and a carrier that supports Wi-Fi calling. Although a faster internet connection is always better for high-quality voice calls, 1Mbps of data transfer speed is enough for solid call quality.

How to Enable Wi-Fi Calling

It's fairly simple to activate Wi-Fi calling on your smartphone. If you have an iPhone, head to Settings > Phone > Wi-Fi Calling and enable the "Wi-Fi Calling on This iPhone" slider.

While the steps may slightly be different on phones from different manufacturers, you can typically activate Wi-Fi calling on Android by heading to Phone app > Settings > Calls > Wi-Fi Calling.

You may also need to enter emergency location details in the United States to enable Wi-Fi calling. It is required to ensure that emergency services have your location to reach you when you call 911 using the Wi-Fi calling feature.

Additionally, certain carriers require the HD Voice and VoLTE features to be enabled for Wi-Fi calling to work. If you don't see the Wi-Fi calling option on your smartphone, it's possible that your carrier doesn't support it on your phone, or it may require a software update. So make sure your phone is running on the latest software to get the best experience. Once Wi-Fi calling is enabled, you will find Wi-Fi written next to your carrier's name on the notification screen. Some Android phones may instead have VoWiFi next to the network bars to show that Wi-Fi calling is active.

Do You Need to Pay For Wi-Fi Calling?

There are usually no extra charges for Wi-Fi calling. Making a call over Wi-Fi will cost the same as making a call using a cellular service. The same goes for text messages. However, carriers typically have different rules for Wi-Fi calling while roaming internationally. So it's best to check with your carrier before going abroad whether it supports Wi-Fi calling in your visiting country and how much it will cost you. In most cases, using Wi-Fi calling while roaming would either be cheaper or the same as using the cellular service.

Wi-Fi calling offers a win-win scenario for both consumers and carriers. You get a better and consistent calling experience without extra cost, and the carriers can increase their network capacity by offloading some of their voice traffic to Wi-Fi.

