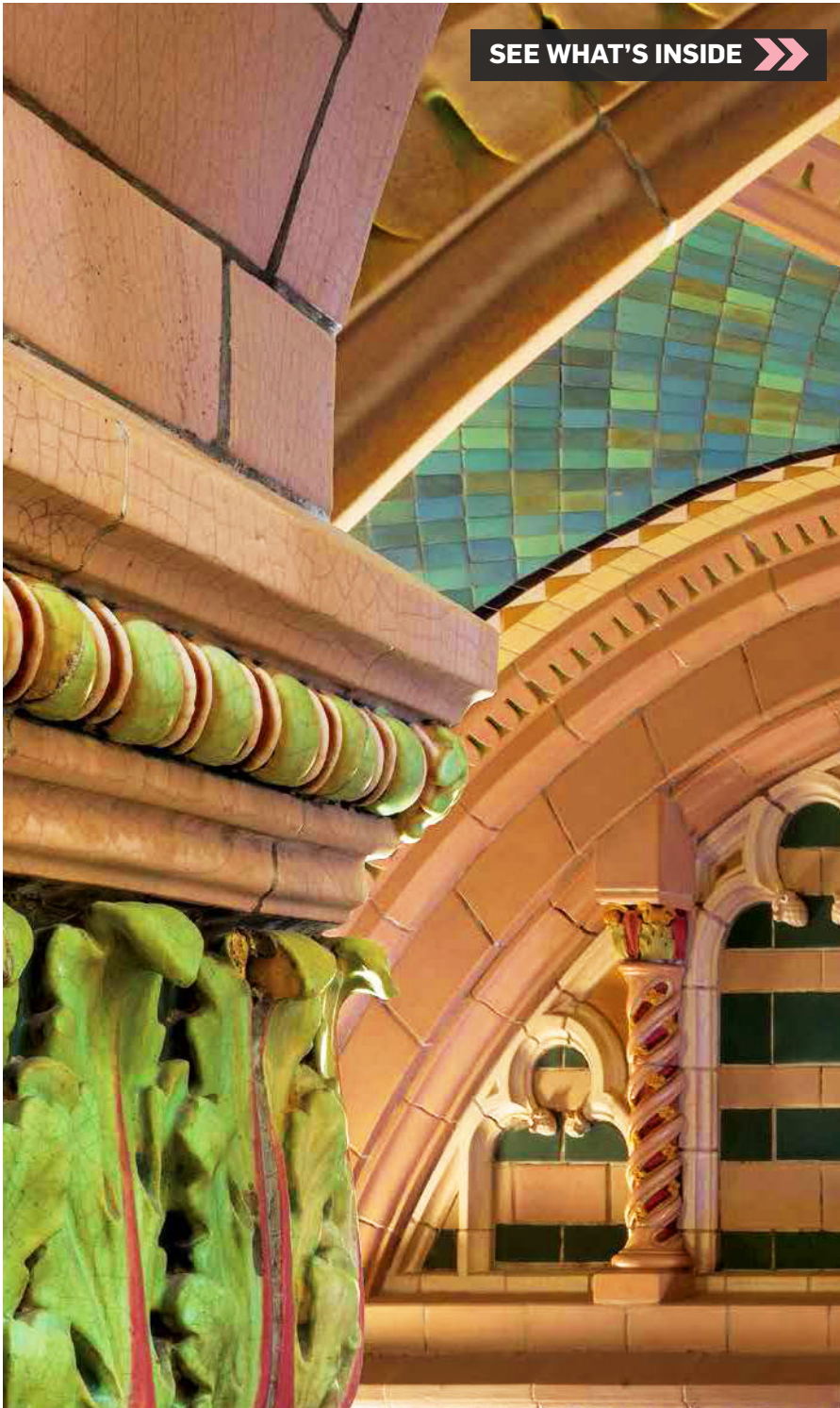


# MONROE

BUILDING



SEE WHAT'S INSIDE >>>

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## 6 PREVENTING BURNOUT



Dear Monroe Building Tenants,

Summer is in sight! Like everyone else, the city of Chicago is ready for warmer days and outdoor festivities. The city has a little bit of everything for all to enjoy, from Windy City Smoke Out for BBQ and country lovers to Lollapalooza for the concert go-ers. We hope your summer is safe and full of fun & sun!

## TENANT ICE CREAM SOCIAL

Don't forget our annual Monroe Building summer event, the Tenant Ice Cream Social featuring The Original Rainbow Cone, Wednesday **June 24th from 12pm – 1pm.** We will be hosting the event in the main lobby. Please join us for a tasty treat!



ALL EMPLOYEES WILL RECEIVE **ONE CONE OR CUP** OF THEIR CHOOSING!



## \$10 OFF TUESDAYS AT FLYOVER

Go out of this world every Tuesday! Enjoy \$10 off tickets every Tuesday and experience the planet like you've never seen it before!

[BOOK HERE](#)



## MILLENNIUM PARK SUMMER WORKOUTS

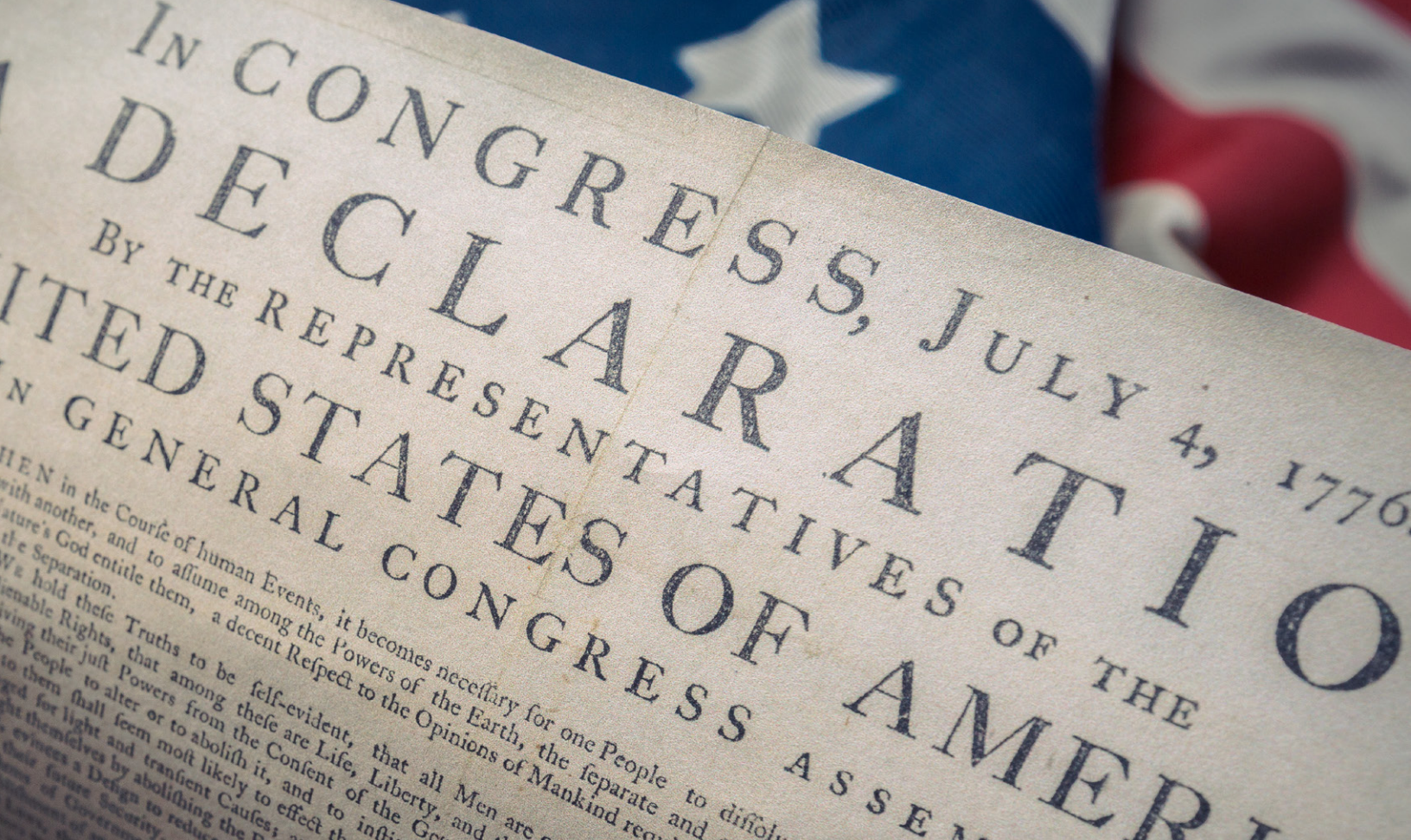
The workout program takes place on the Great Lawn and Wrigley Square in Millennium Park on Saturdays with a series of 45-minute workouts including Pilates, Yoga, Cardio Kickboxing and Zumba!

[FOR MORE INFO CLICK HERE](#)



**Have a wonderful summer!**

Kimberley Clark  
Interim Property Manager



# AMERICA 250: A CELEBRATION OF ENDURING ACHIEVEMENT AND NATIONAL SPIRIT

As the United States approaches its 250th anniversary, the milestone offers an opportunity to commemorate the nation's founding and reflect on our extraordinary development. From the bold Declaration of Independence in 1776 to our current role as a global leader, America's story is one of resilience, innovation, and a continual striving toward our founding ideals.

The journey began with the American Revolution, a bold struggle that culminated in the creation of a new country founded on principles of liberty, equality, and self-governance. The ratification of the United States Constitution in 1788 established a durable framework for democracy, one that has endured for nearly two and a half centuries and inspired countless nations around the world.

## THROUGHOUT THE 19TH CENTURY, THE UNITED STATES EXPANDED ACROSS THE CONTINENT INNOVATING ALONG THE WAY TO ENABLE THAT EXPANSION.

The preservation of the Union during the American Civil War marked a turning point, ending the institution of slavery and reaffirming the strength of the nation, even as it revealed the challenges still to be overcome.

The 20th century saw America emerge as a decisive force on the global stage. From our role in securing victory during the First and Second World Wars and our strong stance against communism during the Cold War, the United States positioned itself as a defender of personal freedoms and democratic values. At home, the Civil Rights Movement was led by individuals whose courage reshaped the moral fabric of the country.



American ingenuity has also transformed the world. The industrial might of the early 20th century gave way to technological innovations that continue to shape modern life. The triumph of the Apollo 11 Moon Landing symbolized not only scientific achievement but also the boundless ambition of a nation willing to push beyond earthly limits. In recent decades, American leadership in computing, medicine, and communications has driven global progress and connected billions of people.

## AS AMERICA APPROACHES ITS 250TH ANNIVERSARY, THE CELEBRATION IS NOT JUST ABOUT THE PAST, BUT ABOUT THE FUTURE.

It is a moment to honor the sacrifices, achievements, and vision that have shaped our nation, while renewing a shared commitment to the principles that define it. In doing so, America 250 stands as both a tribute and a challenge: to continue building a more perfect union for generations to come.

# PREVENTING **BURNOUT** AND TIPS TO STAY **FOCUSED**

Summertime can make the monotony of work life feel even harder. Especially when the weather is beautiful, the sun is shining, and all you want is to be outside enjoying it. This contrast can lead to increased feelings of burnout. Being intentional about prevention is key to maintaining a healthy work–life balance and overall satisfaction.

Summer doesn't have to compete with your productivity. With a little structure and intention, it can actually enhance your well-being and help you feel more balanced, energized, and fulfilled both at work and outside of it.



Here are 5 practical tips to stay focused during the most beautiful time of year - so your time off can truly feel enjoyable, not stressful:

## 1. Time-block your sunshine hours

Plan outdoor time just like you plan meetings. Whether it's a morning walk, lunch outside, or an evening activity, having it scheduled gives you something to look forward to and helps reduce distraction during work hours.

## 2. Start your day earlier (when possible)

Take advantage of longer daylight by shifting your schedule slightly earlier. Getting focused work done in the morning makes it easier to mentally “clock out” and enjoy the evening guilt-free.

## 3. Set clear work boundaries

Avoid letting work spill into evenings and weekends. Define a firm end time for your workday so you can fully enjoy the rest of the day without lingering stress.

## 4. Work with your environment, not against it

If possible, bring work outside—answer emails on a patio, take walking meetings, or open windows for fresh air. Small shifts can help you feel less confined and more in-touch with the summer season.

## 5. Protect your time off

Avoid overbooking yourself during the workweek so you can actually enjoy your downtime. True recovery happens when you're mentally present, not catching up on unfinished tasks.

