DanTech Services
Computers under control!™

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Owner/President

"As a business owner, I know you don't have time to waste on technical and operational issues. That's where we *shine*! Call us and put an end to your IT problems finally and forever!"

What's Inside:

Got IT Problem? - Click Here!

4 Ways to Become a Better Decision-Maker

By Greg Eisen

Decision fatigue is real: Psychology Today says that an average adult makes about 35,000 decisions each day, from deciding whether to hit snooze or go to the gym, and from establishing the best way to pitch a new client to determining if a multi-million dollar merger is the ideal business move.

Within this massive array of daily decisions, some are more complex than others. Generally speaking, the more responsibilities you have, the more complex and taxing your choices become. Can you relate? For some people, decision-making comes naturally, but for others, every little decision is a hurdle to overcome. And as the impulse-buy offerings at every checkout register suggest, the power to make good choices is a depletable resource.

As my responsibilities have increased, I've established a few rhythms that help me clear my mind and make quick decisions that have monumental impact. Here are four strategies I use to maximize my decision-making capabilities:

1. Sweat it out—literally

Exercising isn't just about fitting into your old jeans: Research continues to show the mental health benefits of breaking a sweat, including improving mood, increasing memory and reducing anxiety. Before I head out for a run, I jot down the top most critical decisions that are weighing on my mind, and then I let my brain wander while my heart rate accelerates. The combination of physical movement, endorphin release and stimulation of the prefrontal cortex (the part of your brain responsible for critical thinking) almost always work together to provide the clarity that I've been seeking.

The 2 Best Times to Drink Coffee (One is Likely Right Now)

I didn't get into coffee until about a decade ago, but, like other entrepreneurs, it quickly became a norm. The biggest coffee argument I hear isn't if you should drink coffee, but how much and how often you should drink it. As my Inc. colleague Geoffrey James reports, one guy just drank 47 cups in a day - so he's got the how much covered.

When should you drink it, though? Science points to two prime times to maximize the coffee impact in the best way possible. Late morning and post-lunch I learned a few years back that the best time to drink coffee is 11 a.m. - or about five hours after you wake up. Your body already releases hormones to get you going when you first start your day. That energy doesn't flag until later: Before lunch and, again, during the post-lunch coma.

Here's what I wrote at the time:
Your body begins pumping cortisol when you wake up in the morning, kind of like a smelling salt to help you rise and shine... Drinking coffee first thing in the morning is like adding lighter fluid to an already-growing fire: You quickly burn extra bright and burn out just as fast. However, drinking a cup between 9:30 am--11:30 am provides an energy bridge between your early cortisol rises.

You may need some will power to hold out on the first cup, but the improved productivity and clarity throughout the day makes the wait worthwhile. Right before you take a nap. You are taking naps, right? Studies show that a brief nap helps our brains think more clearly than powering through the day. As an independent solo-preneur and author, I'm privileged enough to have a flexible, nap-friendly schedule. If you can, you should do the same.

And right before your nap is the perfect time to have your coffee. Thought leader Daniel Pink calls them "nappucinos": It takes about 20-25 minutes for that caffeine to get through your blood stream, so when you're waking up from that ideal 20-minute stretch, you get a double boost. And when's the best time to take a nap? For the average schedule, science says between 1 pm - 3 pm, right in line with the best time you should be having that next cup of joe.

What we can offer for Alaskan Businesses:
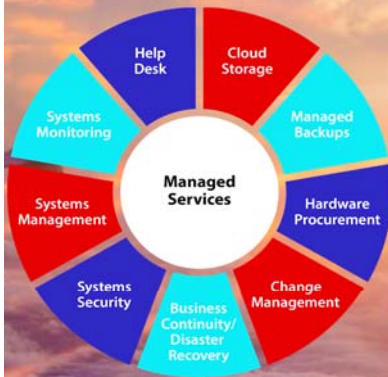
DanTech Services is mostly known for our managed service offerings where we provide   remote management & monitoring coupled with onsite support when needed. This service protects your network, data & users to the best of our ability through a number of tools at our disposal. In most cases, we deliver your secure network and protect your data with our comprehensive Business Continuity Service provided by Datto. We also monitor and manage your servers and workstations, which allows your users to be productive at their job so that they don't have to be their own IT technicians.

We also want to make you aware of the other services that we offer. These services range from enhanced network monitoring to VoIP phone services.

Get More Free Tips, Tools, and Services at https:// www.dantechservices.com

Janet Furr—Furious Business Development Ninja
Welcome Janet Furr to the team!

Janet has joined the DanTech Services team after sharing clients with us for years. As a rep for ACS, Xerox, Canon, and GCI Janet and DanTech would often work together to bring solutions to those shared clients.

She entered telecom shortly after the 1996 deregulation, and with her 20+ years of telecom and technical sales experience, skill, and knowledge base, she brings great value to our team. "I really love technology and how it helps businesses do what they do better, more efficiently, and safer enabling our clients to focus on *their* business and *their* clients." Janet said and added "I majored in chemistry for two years at the University of Texas. I added some business and marketing classes to my course load and fell in love with business. But… still a nerd at heart."

Cool fact - Janet is a living kidney donor and assists others who are interested in getting involved in becoming a living donor.

Please join us in welcoming Janet to the DanTech Services team.

2. Meet about it

I've heard it said that you are the sum of the five people you spend the most time with. Whether it's your spouse, colleague, parent or friend, it's essential to have a close network of trusted sources you can tap to ask questions—no matter how big or how small. Bonus points if this group includes those with different perspectives than you, or at least has quality listeners, which are an invaluable resource. If your ego or pride precludes you from a willingness to share and be vulnerable, consider the possibility that you may be limiting your growth.

3. Sleep on it

If we're being honest, most of us treat sleep like exercise: It's a nice practice if we can make time for it, but hardly a necessity. However, if you let it, sleep can be your secret weapon. Doctors and researchers have found that sleeping for seven to eight hours per night can improve memory, lower heart attack risk and even spur creativity. I keep a journal next to my bed and jot down the most important decisions that are keeping me up at night, and then I let my brain do its thing during my hours of rejuvenation.

4. Establish rules

Early in my career, people would come into my office asking for help, and I would give them answers and send them off to execute. Over time, this became a crutch for them that created more work for me. Eventually, I created a Three Solutions Rule: My door is always open to help with any and all challenges—but, when a team member seeks my assistance, they must come prepared with up to three potential solutions for solving that problem. This simple change was transformative in developing our team culture, took pressure off of me and ultimately improved decision-making across our entire team.

Don't discount the stress you endure when it comes to decision-making, but know that by deploying smart strategies, it can get better. Adopting one of these tactics today may just change your life, one good decision at a time.

Get FREE Dark Web Scan Assessment

Your Report will include the following information:

Compromise Type: Bot, Data Dump, Dox, Key logged, Phished, Accidental Exposure, Breach, Tested;

Source Type: Chatroom, Cutwail, File Sharing, C2 Server, Asprox, ID Theft Forum;

CALL 907-885-0500 TO SCHEDULE YOUR SCAN NOW

Shiny New Gadget Of The Month

ShapeScale 3D Body Scan Fitness Scale

Map your body like never before when you have the ShapeScale 3D Body Scan Fitness Scale. This incredible device helps you measure your body, records your weight, and it even tracks your fitness. By simply stepping on top, you can instantly visualize fat loss as well as muscle gain.

The ShapeScale features a platform as well as a scanning module. In just a minute, it gives you an entire 3D scan of your body. As your body changes, the ShapeScale shows you all the progress you've made. Using the ShapeScale app, you can view the photorealistic 3D scan and see every angle.

The ShapeScale is a 3D fitness tracker that gives you unprecedented motivation to keep going until you hit your goals. In addition to the scan, you can also view 3D heatmaps. After your workout, you can visualize where you've worked the hardest.

Data backup and recovery with DanTech Services in Anchorage is the most important service you could ever sign up for, as DanTech Services specializes in computer, data, and hard drive backup, as well as system recovery.

Click Here for more details.

SAVE THE DATE - 2019 SAFETY SUMMIT:
OCTOBER 22-23, 2019

14th Annual Alaska Occupational Safety Summit
October 22 and 23, 2019 | Captain Cook Hotel, Anchorage, AK

The Alaska Chapter of ASSP is set to again present a strong and full program agenda this year, featuring the latest updates from around the industry and the country. One by one the selected presentations will address the array of health, and safety concerns industries have to contend with, and provide essential training and information right here in Alaska!

As always, DanTech Services is providing support for registration desks and operates a Business Center.

What DanTech Services Offers in Details:

- **Enhanced Network Monitoring** for larger networks or multi-site networks
- **Network & Security Assessments**—a great tool for reviewing the status of a business network, both internal and external*
- **Content Filtering Service**—by default, we #ProtectTheClick of users to prevent access to known or suspected bad actors**
- We can also create specific policies crafted to management requirements to filter other content deemed inappropriate for their business needs
- **Tetherview VDI:** our Virtual Desktop Infrastructure that provides high levels of compliance based on NIST requirements
- Per seat and total data pricing for an understandable invoice
- **Mailprotector**: our email stack provider that protects your email from virus and spam, plus allows for enhanced services**
- **SonicWall UTM** management & monitoring*
- Our favored security appliance vendor that protects your perimeter & network
- Dark Web Exposure scans the Dark Web for information being sold on the Dark Web**
- The disclosed information may contain PII (Personally Identifiable Information), passwords, and source of breach
- **Malwarebytes Anti-Malware,** an application that scans for malware, adware, and other exploits that occur during normal use of Internet browsing activity**
- **Web site.** DanTech Services has provided webserver management since 2005. We now provide basic development with **advanced SEO** to our clients.*
- **Hosted VoIP.** We use Nextiva as our Hosted VoIP provider. Their feature sets rival or better most all other VoIP providers.*

* Your organization may already be receiving these services.
**These services are considered part of our default fully managed service package, although there are exceptions.