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Technology Monthly

Insider Tips To Make Your Business Run Faster, Easier And More Profitably

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3 Ways Your Smartphone Helps You Become Mentally Stronger

Sometimes smartphones are a distraction, and other times, they're an amazing on-the-go productivity tool. To get even more out of your smartphone — and to become mentally stronger — try these three things:

Download apps or take online courses to stimulate your brain. There are numerous apps that can benefit your brain. Take Calm, for instance. This app helps you meditate and relax and find your center.

Be smart with social media. A lot of people are focused on building friend lists or mindlessly scrolling through updates. For better mental health, avoid this. Instead, connect with people you

genuinely want to connect with — whether it's people in your field or people who inspire you.

Keep it positive. When you're online, keep things positive. Only follow people on social media who contribute positively to your life and the world. Studies show that when we surround ourselves with positivity, we feel much better about ourselves. *Inc.*, 9/16/2019

7 GOOGLE SEARCH SHORTCUTS TO SAVE YOU TIME AND MAKE YOU MORE PRODUCTIVE

1. Search for specific phrases within quotation marks (""). This way, Google will only return results with your exact phrase in them.
2. Remove certain terms or phrases with a dash/minus (-). This will remove these words from your search.
3. Add a tilde (~) to your keyword to include the keyword AND synonyms of that keyword.

4. Add "site:" followed by a website and keyword to your search to search that keyword only within a specific website.

5. Find out who is linking to any given website with "link:" This is great when you're doing additional research or looking to improve your search engine optimization (SEO).

6. Search within a specific time frame with two periods (.). This can help you narrow down search results to the most timely.

7. Use "related:" to search for terms or websites that are similar to the one you're already searching for. *Small Business Trends*, 5/17/2019

5 BUSINESS TRENDS TO WATCH OUT FOR IN 2020

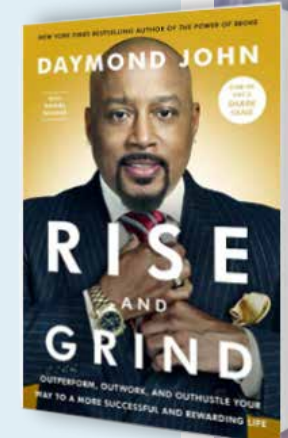
No AI Just Yet – There's a lot of talk that artificial intelligence is going to take over customer

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Rise and Grind

By Daymond John & Daniel Paisner

Daymond John is an entrepreneurial force. He's brought his business insight to ABC's hit show *Shark Tank* and he's shared his story in his last book, *The Power of Broke*. But the insight doesn't end there. In *Rise and Grind: Outperform, Outwork, and Outhustle Your Way to a More Successful and Rewarding Life*, by Daymond John and Daniel Paisner, Daymond doles out even more advice we can all take to heart. He knows what it's like to build something from nothing.



On top of that, Daymond examines the lives of other successful people. He gets into their routines and methods as they grind through the challenges and rise to the top. These are stories we can all learn from.

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Our Mission:

US Resources, Inc. is the Leading Provider of Customized IT and Security Services to Cultural Sites, Associations and Professional Service Organizations.

Cybercriminals Confess: The Top 4 Tricks And Sneaky Schemes They Use To Hack Your Computer Network

Most cybercriminals love their jobs. They get to put their hacking skills to the test. In fact, many of them "compete" against one another to see who can hack into a network the fastest or who can steal the most data. They don't care who gets hurt along the way. And in most cases, it's small-business owners who are getting hurt.

Cybercriminals will do anything to get what they want. Some want to create chaos. Some want to steal data. And others want to get straight to the money. These are the people who will hold your data hostage until you pay up. They install ransomware on your computers, and if you don't pay, they threaten

to delete your data. This is one of the many reasons why backing up ALL of your data is so important!

So, how do the bad guys get your data? How do they work their way into your network and find exactly what they're looking for? Well, it's much easier than you might think.

They count on you to have no security. This is why cybercriminals go after small businesses. They know most small-business owners don't invest in security or invest very little. Even if the business does have security, it's generally easy for a hacker to break through.

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