

MILLER

From Page D1

And yet the harder your brain is working, the less you seem to get done, and the more effort everything requires. Anyone whose life has been upended and expectations reset by illness, trauma or grief — or even happy changes, such as becoming a parent — knows the frustration of

wanting to perform higher-function duties with a brain stuck in primitive survival mode.

I understand your reluctance to let anyone see that struggle, but trying to cover up and power through is only going to compound the stress. Honest conversations with friends, family or a therapist can bring invisible stressors to light and perhaps uncover strategies to manage them. And don't rule out being

open with your boss and colleagues. One twisted upside to this pandemic is that, unlike a private struggle with mental health or a personal life change, everyone else is being subjected to the same stressors as you. Obviously it depends on their capacity for empathy, but you may be surprised by how much grace they're willing to extend to someone sharing their own experience. In the meantime, do

what you can to reduce your obligations and expectations.

Accept that you're not functioning at maximum efficiency. Write down even simple to-dos that you used to juggle in your head. Take more frequent breaks. Set smaller, more manageable goals. Be even more mindful about eating, sleeping and moving to restore your depleted reserves.

Reassure yourself and others that you will get

the important stuff done, even if it takes longer. Be as gentle and patient with yourself as you would be with a loved one who's recovering from surgery. And again, know that this struggle is a normal response, it's not your fault, and most important, you're far from alone.

Karla L. Miller offers weekly advice on workplace dramas and traumas. You can send her questions at work.advice.wapo@gmail.com.



IT'S TIME TO VOTE THROUGH AUG. 26

VOTE once per day per category to honor your favorites in the Northland and their commitment to be the Best of the Best in 2020

vote now at dntbest.com

The top two finishers in each category will be invited to attend the Duluth News Tribune Best of the Best virtual awards presentation event September 15, 2020. The Best of the Best Awards Special Section announcing the 2020 winners will publish September 16 in the Duluth News Tribune.

- ARTS & ENTERTAINMENT**
- Best Art Gallery
 - Best Attraction
 - Best Bowling Center
 - Best Casino
 - Best Golf Course
 - Best Hiking Trail
 - Best Live Music Venue
 - Best Local Author
 - Best Local Band
 - Best Local Celebrity
 - Best Local Sports Team
 - Best Local Tournament
 - Best Museum
 - Best Park
 - Best Place for Kids to Play
 - Best Radio Station
 - Best Radio DJ
 - Best TV Station
- DINING & DRINKING**
- Best Asian Restaurant
 - Best Bakery
 - Best Bar
 - Best Bartender / Server - include where they work
 - Best BBQ Restaurant

- Best Beer Selection (restaurant or bar)
- Best Bloody Mary
- Best Breakfast
- Best Brew Pub / Taproom
- Best Burger
- Best Caterer
- Best Chicken Wings
- Best Coffee
- Best Coffee Shop
- Best County Bar
- Best Desserts
- Best Dive Bar
- Best Fast Food
- Best Fries
- Best Happy Hour
- Best Hot Dog
- Best Italian Restaurant
- Best Local Beer
- Best Margarita
- Best Mexican Restaurant
- Best Outdoor Dining
- Best Pizza
- Best Restaurant
- Best Sandwich
- Best Sports Bar
- Best Steakhouse
- Best Sushi
- Best Vegetarian Food
- Best Wine Selection (Dining)

- LOCAL BUSINESSES**
- Best Accounting Firm
 - Best Antique/Collectibles Store
 - Best Bait/Fishing Shop
 - Best Bank/Credit Union
 - Best Bicycle Shop
 - Best Bookstore
 - Best Car Salesman (include dealership)
 - Best CBD Shop
 - Best Computer Repair Service
 - Best Consignment Store
 - Best Exercise Facility
 - Best Flooring/Carpet Store
 - Best Florist
 - Best Furniture Store
 - Best Garden Center/Nursery
 - Best Gift Store
 - Best Grocery Store
 - Best Hotel
 - Best Large Company to Work for (50+)
 - Best Liquor Store
 - Best Meat Market
 - Best New Car Dealership

- Best Optical Store
 - Best Outdoor Store
 - Best Photographer
 - Best Place of Worship
 - Best Property Management Company
 - Best Real Estate Company
 - Best Retirement/Assisted Living
 - Best Small Company to Work for (Under 50)
 - Best Sporting Goods Store
 - Best Toy Store
 - Best Used Car Dealership
 - Best Wine Selection (Liquor Store)
 - Best Workplace Culture
- SERVICES**
- Best Apartment Community
 - Best Auto Care
 - Best Barbershop
 - Best Car Wash
 - Best Chiropractic Office
 - Best Cleaning Service
 - Best Consulting Firm
 - Best Cosmetic/Esthetic Clinic
 - Best Customer Service
 - Best Dental Office

- Best Eye Doctor
- Best Family Practice Physician
- Best Financial Advisor
- Best Fuel Oil/Propane Service
- Best Hair Salon
- Best Insurance Agency
- Best Jeweler
- Best Law Firm
- Best Massage Spa
- Best Medical Facility
- Best Nail Salon
- Best Non-Profit Organization
- Best Oil Change
- Best Pet Boarding/Daycare
- Best Pet Grooming
- Best Pharmacy
- Best Piercing Studio
- Best Place to Buy an RV
- Best Plumbing Contractor
- Best Real Estate Agent
- Best Stylist
- Best Tattoo Studio
- Best Travel Agency
- Best Veterinary Office

VOTE us Best Tattoo Studio

Let's make it 2 years in a row!

Each day you vote you are entered to win a \$1,000 tattoo certificate!*

WINNER BEST TATTOO STUDIO

Best of the Best

2019

MUST BE 18 TO WIN. VOTE 1X PER DAY. SEE CONTEST RULES PAGE FOR MORE DETAILS

Vote for SEAGRENS as Best Bait & Tackle

LARGEST HARDWARE STORE ON THE NORTH SHORE!

SOMETHING FOR EVERYONE - Hardware, Paint, Household, Grills, Clothing, School Supplies, Live Bait & Tackle!

SEAGREN'S HARDWARE and Bait & Tackle!

610 1st Avenue Two Harbors, MN
218-834-2222

THE GENERAL STORE

Please vote for us!

Best of the Best

2020

Services Category: Best Computer Repair Service

We offer in-shop, on-site or remote complete computer service.

discover **discoverpc.NET**

Computer Solutions Center
(715) 398-6767
1402 Tower Ave • Superior, WI

DULUTH, MN

HOME OF THE WORLD'S BEST-SELLING SR SERIES AND VISION JET

CIRRUS AIRCRAFT

Proudly family owned for 3 generations!

WRAZIDLO'S

OLD WORLD MEATS

226 Basswood Ave, Duluth
(218) 722-BEEF
Hours: Mon - Sat 9-6
www.OldWorldMeats.com

Best of the Best

2020

CERTIFIED ANGUS BEEF

Please vote for us in the 2020 BEST OF THE BEST CONTEST: Best Liquor Store

Best of the Best

2020

KEYPORT LIQUOR BEER & WINE

OPEN 7 DAYS A WEEK 8 AM TO MIDNIGHT!

1900 Belknap • Superior
keyportliquors.com
715.392.5855

Find us on [facebook.com/pages/Keyport-Liquor](https://www.facebook.com/pages/Keyport-Liquor)

Best of the Best

2020

Vote for us! SERVICES CATEGORY: BEST JEWELER

Nummi Jewelers

1120 BELKNAP ST. SUPERIOR, WI
WWW.NUMMIJEWELERS.COM
715-392-3470

JOHNSON CARPET ONE FLOOR & HOME

Vote for us for Best Flooring/Carpet Store

Help us make it 4 years in a row!

5611 GRAND AVENUE, SPIRIT VALLEY, DULUTH
218-628-2249

Mon., Tues., Wed. & Fri. 9 a.m. - 5:30 p.m.
Thurs 9 a.m. - 7 p.m. Sat 9 a.m. - 3 p.m.