

# JIMSJOURNAL.NET - YOUR HOME NEWS

NEWS FROM YOUR REAL ESTATE CONSULTANT FOR LIFE

Visit: [www.homereferralteam.net](http://www.homereferralteam.net)

Or Call: (303) 588-7000

## Love, Tradition, and Fresh Starts

Dear Friend,

February is here—a month of reflection, meaningful traditions, and connection. Inside this issue, we explore the Lantern Festival's radiant conclusion to Lunar New Year, the science of connection, the power of hugs, and how acts of love can transform relationships and brighten our days.

As you enjoy this month's stories, remember that February is also a great time for fresh starts. If you're considering buying or selling your home, now is the perfect moment to set your plans in motion. Whether you need advice on market trends or tips for a smooth move, I'm here to help every step of the way.

Let's make February a month to connect deeply—with ourselves, with others, and with the world around us. Enjoy this issue, and feel free to reach out with any real estate questions or needs!

Wishing you all the best,  
Jim Urban

### THE SCIENCE OF HUGGING

Valentine's Day is an ideal time to recognize the science-backed benefits of hugging.

Physically, hugging can help lower blood pressure, strengthen the immune system and reduce pain by releasing endorphins.

Mentally, hugs alleviate stress by decreasing cortisol levels, and they improve mood and combat depression by boosting serotonin and dopamine.

FEBRUARY 2025

## INSIDE THIS ISSUE

The Science Of  
Hugging

History Of The Lunar  
New Year

Creamy Mushroom &  
Wild Rice Soup

How To Beat The  
Winter Blues

One-Minute Miracle  
Workout

Simple Acts Of Love  
For Self & Others

Home Sanctuary Make-  
Over On A Budget



Emotionally, hugs enhance relationship satisfaction by fostering trust and deepening connections.

Beyond individual well-being, hugging plays a vital role in strengthening social bonds. Regular embraces can enhance trust and communication among friends and family, which foster a supportive community. They improve our health and contribute to a more-connected and more-compassionate society.

So go ahead: Share the love, one hug at a time!

## HISTORY OF THE LUNAR NEW YEAR

Lunar New Year, also known as Chinese New Year or the Spring Festival, is one of the oldest and most-significant holidays in many East and Southeast Asian cultures. Its origins trace back more than 4,000 years to ancient China to celebrate the end of winter and the start of the agricultural season. Rooted in traditions of honoring deities and ancestors, it marks a time of renewal, family unity and gratitude.

The holiday is based on the lunar calendar, which follows the cycles of the moon and is why the date varies each year but always falls between late January and mid-February. Each year is associated with one of the 12 zodiac animals, along with one of five elements (wood, fire, earth, metal, water), creating a 60-year cycle.

The final day of Lunar New Year is celebrated with the Lantern Festival, which symbolizes unity and hope. Although the holiday has transformed throughout the centuries, its core themes — family, gratitude and new beginnings — remain timeless. Today, it's observance worldwide brings together people to honor tradition and welcome prosperity for the upcoming year.

**Need to get Straight Advice on  
How to Sell a Home in This  
Market? or Want to Know How  
Jim Can Negotiate for You Like a  
"Pit-Bull" When You Find Your  
Dream Home?**

**Just go to:**

**[MyHomeValueNow.com](http://MyHomeValueNow.com)**

Then click on one of the two buttons:  
"I'm looking for My Next Home" or  
"What is My Current Home Worth?"



## CREAMY MUSHROOM AND WILD RICE SOUP

Warm, hearty and comforting, this one-pot recipe is perfect for chilly winter evenings. Packed with earthy mushrooms, nutty wild rice and a creamy base, it's a bowl of cozy goodness.

### Ingredients:

2 tbsp olive oil or butter  
1 medium yellow onion, diced  
3 garlic cloves, minced  
2 carrots, peeled and diced  
2 celery stalks, diced  
1 lb mixed mushrooms (button, cremini, or shiitake), sliced  
1 cup wild rice, rinsed  
6 cups vegetable or chicken broth  
1 cup unsweetened coconut milk or heavy cream  
1 tsp dried thyme  
1 bay leaf  
Salt and pepper to taste  
Fresh parsley for garnish

### Directions

**Sauté the Aromatics.** Heat the olive oil or butter in a large pot over medium heat. Add the onion, garlic, carrots and celery. Cook until the vegetables are softened, about 5 minutes.

**Cook the Mushrooms.** Add the mushrooms and cook for another 5-7 minutes, stirring occasionally, until they release their moisture and begin to brown.

**Simmer the Soup.** Stir in the wild rice, broth, thyme, bay leaf and a generous pinch of salt and pepper. Bring the mixture to a boil, then reduce the heat to low. Cover and let it simmer for 40-45 minutes, or until the rice is tender.

**Add Creaminess.** Once the rice is cooked, stir in the coconut milk or cream. Let the soup simmer for an additional 5 minutes to meld the flavors.

**Season and Serve.** Taste and adjust the seasoning with more salt and pepper, if needed. Remove the bay leaf before serving. Ladle the soup into bowls and garnish with fresh parsley.



## FREE REPORTS!

Free Information!

- How Sellers Price Their Homes Free Information!
- The 5 Biggest Mistakes Home Buyers Make
- How to Sell Your Home For the Most Money

FREE NEWSLETTER  
SUBSCRIPTION!



# HOW TO BEAT THE WINTER BLUES



Winter can be a challenging time for many people, with shorter days, colder weather and the post-holiday lull. But don't let the winter blues take over! Here are a few simple strategies to elevate your energy and your spirits:

## **Get Moving**

Exercise is a powerful mood booster. Even a short walk outside can increase endorphins and help you feel more positive.

## **Soak Up Natural Light**

Lack of sunlight can affect your mood. Brighten your home by opening blinds and curtains during the day.

## **Connect With Others**

Staying connected to friends and family is key to fighting feelings of isolation. Schedule a coffee date, host a game night or even hop on a quick video call.

## **ONE-MINUTE MIRACLE WORKOUT**

You can reap the benefits of cardiovascular and aerobic exercise in only 60 minutes a week.

Exercise intensely for one minute and leisurely for another minute. Work up to a total of 20 minutes three times a week.

Another benefit of the one-minute workout is that after 30 to 60 seconds of pushing yourself, you continue moving but at a leisurely pace. If you want to do more, then rest for between 30 and 60 seconds and push toward the intense phase again.

New studies show this program is as effective as more minutes of exercise and can be equally as safe.



# SIMPLE ACTS OF LOVE FOR SELF & OTHERS

February is often associated with grand romantic gestures, but true love is found in the small, meaningful actions we take for ourselves and the people around us. Here are some simple ways to spread warmth and care this month:

## For Yourself

**Start a Gratitude Journal:** Each day, write one thing for which you're thankful. This practice can boost your mood and help you focus on the positive.

**Treat Yourself To Something Special:** Whether it's your favorite dessert, a relaxing bath or a solo movie night, indulge in a small pleasure.

**Unplug For An Hour:** Disconnect from devices and enjoy a quiet moment with a book, music or simply your thoughts.

## For Others

**Handwritten Notes:** Write a thoughtful note to a friend, family member or partner. In today's digital world, a handwritten message feels especially personal.

**Unexpected Kindness:** Pay for someone's coffee, leave a positive review for a local business or call a friend you haven't spoken with in a while.

**Small Tokens Of Appreciation:** Surprise someone with a baked treat, a bouquet of flowers or even a heartfelt compliment.

## For Your Community

**Volunteer:** Spend an hour at a local shelter or community center or donate to a cause that matters to you.

**Support Local Businesses:** Shop small stores or recommend your favorite spots to friends.

**Be A Good Neighbor:** Shovel snow, bring in packages or share a warm meal with someone nearby.

Love doesn't need to be extravagant; it lives in the thoughtful, everyday moments that connect us to others and remind us to care for ourselves. This February, embrace these simple acts of love and brighten the world around you.





## HOME SANCTUARY MAKEOVER - ON A BUDGET



Your home should be a place of comfort, and you don't need a big budget to make it feel like a personal retreat. Here are some affordable ways to refresh your space:

**Layer Cozy Textiles** - Few things are as inviting as soft, layered textures. Add throw blankets to your sofa or bed, and layer rugs for warmth and comfort. Check thrift stores for affordable finds or repurpose blankets or scarves you already have.

**Upgrade Lighting** - Lighting can transform a space. Swap harsh overhead lights for lamps with warm-toned bulbs, string lights or candles. These small changes create a softer and more-relaxing glow.

**Rearrange and Declutter** - Sometimes a fresh perspective is all you need. Rearrange furniture to improve flow and clear out joyless items. A tidier open space can feel instantly calming and more inviting.

**Bring Nature Indoors** - Incorporate greenery with plants, flowers or natural elements, such as twigs and pine cones. Even simple arrangements can make a room feel more alive. Propagating plants or foraging outside keeps costs low and add personality.

**DIY Personalized Décor** - Turn your walls into a gallery of memories and creativity. Frame favorite photos, sketch minimalist art or repurpose old materials, such as scarves or fabric scraps, for one-of-a-kind pieces. These touches make your home uniquely yours.

**Add Soothing Scents** - Scents can change the mood of a space. Use essential oil diffusers, candles or stovetop potpourri with cinnamon sticks and citrus peels for an inexpensive way to make your home smell like a spa.

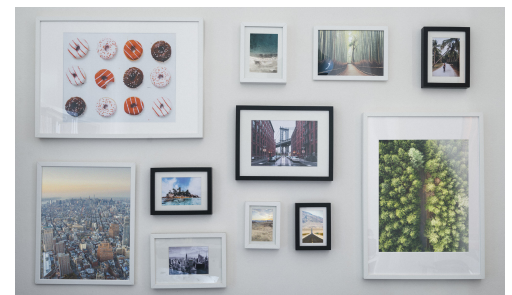
**Need to find a business who gives Exceptional Service?**

Jim can help with, his 5 Star Referral Center. To see the businesses Jim refers to his family, friends & clients

**Just Go To:**

**[Denver5StarReferralCenter.com](https://denver5starreferralcenter.com)**

Then enter the type of business you need in the search engine.



*"The home should be the treasure chest of living."*

*– Le Corbusier*



# This is more than a Business Card, It's Actually My New Book for 2025!

## Inside this book:

- Seeds of Success, The Urban Family Legacy
- Beyond the Typical, The Jim Urban Difference
- The Urban Advantage, Relationship-Driven Real Estate Business
- The Urban Team, Synergy in Action
- The Susan Factor, A Partnership in Life and Real Estate

**urban**  
companies  
*Your Family Realtor*

  
The Home Referral Team  
*The Key to Your Home*

## Jim Urban

*Your Friend in the Real Estate Business*  
*A Local Family Owned Business Since 1986*

☎ 303.588.7000 Call/Text  
🏠 303.933.7000 Office  
✉ Jim@HomeReferralTeam.net  
🌐 HomeReferralTeam.net



**For Your Free Copy Text Jim at 303-588-7000, and provide your name and address. Read it and to recycle it, just share it with a family member or friend.**

# JIMSJOURNAL.NET - YOUR HOME NEWS

Jim Urban  
Urban Companies Real Estate  
225 Union Blvd Suite 150  
Lakewood, CO 80228

**Go Green: Recycle This  
Newsletter!**

After you've enjoyed my newsletter, please recycle it by passing it along to a family member, friend, neighbor or coworker.

This newsletter is intended for entertainment purposes only. Credit is given to the authors of articles that are reprinted when the original author is known. Any omission of credit to an author is purely unintentional and should not be construed as plagiarism or literary theft.

Copyright 2025 [Jim Urban, Urban Companies Real Estate](#)

This information is solely advisory, and should not be substituted for medical, legal, financial or tax advice. Any and all decisions and actions must be done through the advice and counsel of a qualified physician, attorney, financial advisor and/or CPA. We cannot be held responsible for actions you may take without proper medical, financial, legal or tax advice.