

REWARD YOURSELF

We live in very stressful times and some people are literally worrying themselves to death over: job loss – marital stress – investment losses – retirement/pension reductions – H1N1 scare and related health issues – reduction of income and benefits – decreasing savings – and so on.

All of the above create stress and stress can manifest itself in many ways, such as:

- Anxiety - Depression - Back Pain - Decreased Immunity - Chest Pain
- Anger - Overeating - Insecurity - Social Withdrawal - Worrying
- Headache - Irritability – Under-Eating - High Blood Pressure - Sadness
- Burnout - Alcohol Abuse - Heart Disease - Sleep Problems - Crying spells
- Stomach Upset - Heart Palpitations - Forgetfulness - Relationship Conflicts

Recognizing that you are feeling stress allows you to deal with it - to manage it. How to de-stress? Here are some ways to consider:

- **Reward Yourself for a job well done** – see a movie or buy a new book, for example
- **Learn to Relax more** – take time to be with your loved ones; sit on a bench and watch people go by
- **Don't take things so seriously** – look for the lighter side in situations that will make you smile
- **Don't upset yourself over things you have no control**, such as slow traffic, bad weather creating a change in plans, your favourite team losing,

When I found myself out of work many years ago and using the services of an Outplacement office, I was told that if I procured a future job interview, I was to go home for the balance of the day – my goal was to make an appointment, which I did, so my job was over for that day. **I was to Reward myself.** I continue to use that philosophy to this day – if I make a sale on a particular day, I end my day on that positive note and completely get away from the office and do something totally unrelated. It allows me to recharge myself and appreciate my work even more.



Look after yourself for you are not alone – others, whether family or co-worker or clients are depending upon you on many different fronts. Don't let them down, but more importantly, don't let yourself down. Recognize your stress signals and don't let them become a stress manifestation.

Respectfully yours,

Ron Clarke CFP, CLU

To protect and benefit you, your family and your way of life now and into the future.