



Sucré-Vail

Wealth Advisors[®]

Achieving Financial Wellness without Unnecessary Risk

Wealth & Yourself: Take Control Back

This modern life can take a toll.

The pandemic's continuing effect on, well, just about everything- along with stock market volatility, changing tax laws, the debt ceiling debate, and expected holiday shipping delays and shortages - it all adds up and can affect our stress levels. And sadly, that's only news from the business section! I'm sure there are also events in your personal life that are leading you to feel anxious and unsettled as well.

It's time to get off the roller-coaster of emotions and feel better.

Learning to cope with life's stresses can work for your good in many ways, especially financially. The Forbes article below has tips on how. Taking a step toward optimum health can be as simple as just reaching out. So let's talk about it. I'm here to help you see how everything can work together in your financial strategy for the future. I'd love to hear from you.

Here are some interesting articles to further inspire you this week. Enjoy and share, if you'd like, to get others on the path to wellness too. We rise by lifting others!

Thanks,

Margaret & Henry



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How To Manage Your Finances And, In Turn, Your Mental Health

Sept. 30, 2021

F For many millennials, financial strain sits at the root of their mental health issues, but their...

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One Surefire Way to Make Your Day More Productive: Stop Trying

Sept. 29, 2021

E People and industries measure how productive they are in similar ways. This extended period of...

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Bull Markets Usually Don't End With a Bang

Oct. 4, 2021

WSJ The implication: Stock investors shouldn't try to pick a specific time when it makes sense to get...

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Here Are 3 Things to Do to Maximize Your Social Security Benefits in Retirement

Oct. 2, 2021

B Understanding how your Social Security benefits are calculated is a critical component of knowing...

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How To Plan Your Retirement When Tax Law Is In Flux

Oct. 4, 2021

F In Congress, the revenue raising provisions (think “taxes”) to fund the infrastructure bill seem...

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Want to Start Saving? Follow This Game Plan.

Oct. 4, 2021



If you’re overwhelmed with managing your savings — emergency fund? Retirement? Debt? — here’s a...

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