



# Sucré-Vail

## Wealth Advisors<sup>®</sup>

Achieving Financial Wellness without Unnecessary Risk

### Taking the MADNESS out of March

More than just the title of the blockbuster movie that brought home seven Oscars recently, "Everything Everywhere All At Once" seems to accurately describe the mood of the entire country right now.

How is your calendar looking? I'll bet it's filling up quickly for spring and summer. And who else is finding it a challenge to stay on top of every ping, email, and notification with swirling news of economic shakeups, layoffs, banking uncertainty, and work stresses? More importantly, in these everything-everywhere-all-at-once times, how can you not only survive but thrive?

It's definitely possible. These are all issues I can help you address to take a little of the madness out of this March. The New York Times article below states it perfectly: What may be most helpful in times like these and all of the time, really, is discussing the low buzz of uncertainty, out loud, with someone you trust who can make you feel a bit better.

So, if you've got questions, let's discuss. Check out the articles below too, for more perspective and guidance as well.

Thanks,

Margaret & Henry



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## A Question About Your Money: Has Anything Truly Changed This Week?

March 20, 2023



Watching the banking industry descend into turmoil is unnerving. But unless your financial goals...

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## Yes, the Bank Chaos Is Scary. But Don't Let Fear Make Your Money Decisions.

March 20, 2023



Don't just "follow the herd," say experts. Instead: Stop, breathe, and look at the facts.

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## The One Thing You Need To Know To Understand Any Banking Crisis

March 20, 2023



Distinguishing between bank liquidity and bank capital is crucial for understanding bank crises,...

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March 17, 2023



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March 15, 2023



Your calendar needs more white space. If you're caught up in a culture of busyness, here's how to...

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## Help For Uncertain Times: The First Aid Cross For Uncertainty

March 17, 2023

**F** The good news is that research shows that you can improve your ability to face uncertainty and...

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