

Frequency Friday

WEEKLY TIPS FOR YOUR WELL BEING

Things to never feel guilty about:



Removing someone from your life



Not living up to people's expectations



Taking time for yourself (self-care 101)



Setting boundaries & sticking to them



Reaching out for help and support



Making choices that protect you & keep you safe

STRESS MANAGEMENT PLAN

We deal with many stressors on a daily basis in our busy lives. The keys to dealing with stress can come down to our mindset and ability to identify and manage the very things that cause us stress. Nicole Trombley, owner of Pillar Wellness, takes us through how to create a 5 Step Plan for a holistic stress management plan.

"If you really want to escape the things that harass you, what you're needing is not to be in a different place but to be a different person right now." ~ SENECA

Stress is a normal part of being human, none of us are free from experiencing stress and no one promised life would be without it! It's how we handle and respond to it that make all the difference. The great news is that stress management is a learned skill! If we are consistent in our practice of stress management techniques, we will no longer be greatly affected by it. You can create your own personalized stress management plan with the five following steps:

Frequency Friday

STEP ONE- AWARENESS

Awareness is always the first step toward any change we desire to make. Think about your life currently...what are your biggest stressors? What causes the most stress for you?

STEP TWO- SELF INVENTORY

Next we must identify our own relationship to stress: our beliefs, our history and how we approach stressful situations (mindset). What are your beliefs about stress? For example, perhaps you believe that you must experience a lot of stress to be successful.

STEP THREE- BUILDING STRESS RESILIENCE

We all have people, places, things and activities that bring us joy. They will also help prevent stress. When make time in our lives for the things that replenish us, enlighten our spirits and fill our cups, we are more apt to handle whatever comes our way.

STEP FOUR- STRESS PREVENTION STRATEGIES

Stress prevention techniques include daily, lifestyle related things that help nourish you in mind, body & spirit. Some examples include reading, listening to music, cooking, yoga, painting, running, etc. What is ONE new stress prevention strategy you can try? When, where will you do it?

STEP FIVE- RELAXATIONN & SELF REGULATION TECHNIQUES

Relaxation and self regulation are the tools when you are already in a stress response. These are the techniques that help bring your body and mind back to homeostasis after the train has left the station. Some examples include deep breathing techniques, meditation, visualization, etc.



CONGRATS!

You have just completed your own personalized holistic stress management program! Review your plan regularly, remain open-minded and pay attention to your mind and body and schedule time for the strategies you picked.

Over time, you will find that the stress in your life no longer takes over. You are always in control!

Business Spotlight



Paino Pest Management is a pest control company located in West Palm Beach, Florida. They specialize in Residential, Commercial, and Industrial Pest Control. Their goal is to keep your residence and business pest-free. They tend to all your infestation and insect extermination needs to ensure a chemically safe, pest-free environment. They are renowned for reliability and unwavering quality of service. When you are looking for professional help for unwanted intruders, Paino Pest Management is a company you can count on to get the job done in a safe, sustainable way. This is not just a job to them; it's a career centered on helping our customers with safe, trusted pest solutions. Paino Pest works closely with many units and industries including real estate, markets, restaurants, apartments, condos and homes, as well as businesses, warehouses, and lots more.

Important Deadlines

APRIL 1ST

FL Corporate Deadline for C-Corporations

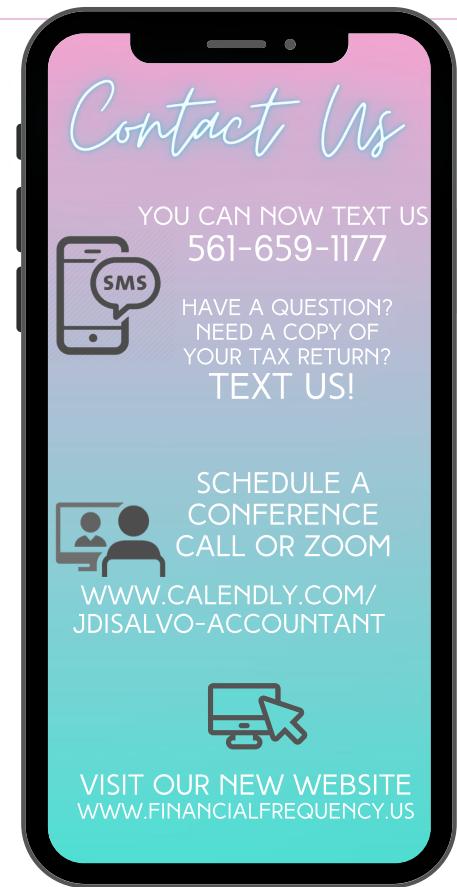
FL Tangible Personal Property Deadline

MAY 1ST

FL Annual Report Deadline

MAY 17TH

Individual & C-Corporation deadline/ Extension Filing Due



Get Your Cosmic Mojo On

WITH ASTROLOGER & NUMBEROLOGIST HATTIE PARKER, MS,ED

THE HEAVENS SUGGEST NOW IS THE TIME TO REASSESS YOUR INVESTMENT STRATEGY

Typically two or more of the heavenly bodies (planets, dwarf planets and asteroids) astrologers watch are, from our earthly perspective, perceived to be going backwards. This phenomenon is referred to as a heavenly body being in “retrograde.” The “re” in the word retrograde suggests its meaning. It is about reassessing the part of life ruled by the retrograding planet. Thus, for example, Mercury Retrograde calls us to rethink. (Mercury rules thinking.)

Our current heavenly state of affairs is not typical. There is ONLY one entity that is in retrograde motion. It is the asteroid Vesta. Her name Vesta reveals what she rules -- investments. Of course, if you follow the news you know there is plenty of attention being shed on the ups and downs in the stock market. And, however, if you are like most busy people you may tell yourself you'll get to this as soon as you can and for some of you “can” never comes.



Vesta ends her retrograde motion (and her singular call to us to pay attention to investments) on April 20. You have a month. Stay tuned to this column I will be sharing more about the heavens and investments in the weeks to come. In the meantime I recommend you choose to think of this reassessment as a “To Do” item and not an if or when I “Can” item.