

Hi

Stop what you're doing and read through some articles we think could give you an interesting perspective. Check out this week's Take 5.



Constant coverage of scary news events can overwhelm the body

The constant flow of news can heighten fears and anxiety, causing feelings of hopelessness and depression, whilst repetitive exposure to stressful events outside of our control can lead to burnout. Try [these strategies](#) when worrying about what's going on in the news threatens to disrupt your life or well-being.



6 financial tips for Valentine's Day

Valentine's Day is here but having a special Valentine's Day doesn't mean you have to blow your budget. There are still plenty of ways to show your love without resorting to debt or going off track with your budget goals. [Here](#) are six easy financial tips to save money as you prepare for Valentine's Day.



The ideal vacation length for peak relaxation, according to experts

According to a 2012 study, researchers found that a traveler's health and well-being peak on the eighth day of a holiday. However, there is no definitive optimal vacation length as it varies based on personal preferences and the ability to switch from work to vacation mode. In this [article](#) health and travel experts have common advice for the amount of time it takes to disconnect from life's obligations.



6 retirement strategies that don't get talked about enough

Retirement is a significant goal for many Canadians. However, the financial sector's focus on investing can lead to the neglect of other approaches that may yield even greater benefits for retirees. This [article](#) explores alternative strategies that could help retirees improve their financial standing after they stop working.

Quote I'm pondering

"In human relationships, kindness and lies are worth a thousand truths."
— Graham Greene

Thanks for TAKING 5!

Scott

Whenever you're ready... here are 3 ways I can help:

Option 1.

Let's have a chat: Just [CLICK HERE](#) to see my calendar through our online scheduler. Then, select a time that works for you. The scheduler will book our time and send you the call-in details.

Option 2.

Let's "meet": If you would like to book a free, no-obligation information session, please email me at scottplaskett@ironshield.ca and we can coordinate a time that fits into your schedule.

Option 3.

Attend my next free webinar: Every Friday I get together online with a handful of other local business owners and share with them the most current research and insights into proper financial planning - specifically for business owners. If you'd like to participate or just listen in on the next session, please email me at scottplaskett@ironshield.ca and I'll forward you the details.

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