



January 25, 2023

<<First Name>>,

Why is stress called the "silent killer?"

Because stress can wreck your emotional well-being and is directly associated with the six leading causes of death. A study found that chronic stress can increase the risk of heart attack by more than 40%. Stress suppresses your immune system. Chronic stress is a major contributor to obesity and lack of sleep, with as many as 33% of adults reporting weight gain or difficulty sleeping as a direct result of stress. Over half of couples surveyed reported that money is the number one cause of their arguments.

Here are 8 tips for you to help you reduce your stress about money, (and boost your overall personal health):

- 1) Keep your emotions under control when investment markets are rocky
2) Spend less than you earn (do we really have to say this?)
3) Exercise and move your body daily, even if it's just a long walk outside
4) Find ways to make a meaningful impact with your money
5) Invest a portion of your money in something that has downside protection
6) Write your goals down, plan your day and focus only on what you can control
7) Get sufficient sleep and rest, practice deep breathing, screen-free disconnected time
8) Connect and communicate with loved ones, share your family financial emergency plans so your family is informed



Feeling out of control is where the stress comes from. But when you have a long-term plan and a team of experts in your corner, you feel less out of control. You know your financial life is in order and you feel steadiness and peace of mind.

Take the above steps and wash some of the stress right out of your life; we're happy to talk about ways to implement one of those eight steps above, just click here to talk.

P.S. I share some great tips from the top entrepreneurs in the world about how to manage your attention, celebrate your accomplishments, recharge your relationships and increase your physical and mental health in my new best-selling book "BEYOND THE MONEY." Hope you can pick up a copy and take a minute to leave an amazon review. Thank you in advance!

Sincerely,

PERSONALLY ADVISING 8 AND 9 FIGURE ENTREPRENEURS at the top of their game. CHAD WILLARDSON CFP®, CRPC® | PRESIDENT, FOUNDER. PACIFIC CAPITAL 844-777-8777 | WWW.PACIFICCAPITAL.COM

B Brunet 5 stars

"I have put my finances in their fully capable hands. I appreciate the timely contact concerning the market's ups and downs. They are friendly and knowledgeable in their positions, each member of Pacific Capital staff." Google Verified Reviews 5 stars

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