**Reset, Refocus, Re-center**

The events of the past few months have been unprecedented (and yes I am tired of hearing this word). Now more than ever, it is important to stay on your A-game and keep your spirits lifted. Be sure to spend some time taking care of yourself!

As you continue to navigate your new normal, I want to share some tips for focusing on your own well-being. The information I’m sending this month include ways to reset your goals and reboot your routine so that you feel recharged and ready to support your family, friends, and community. You’ll also learn a few helpful ways to practice self-care, so that your emotional wellness remains in great shape.

While we can’t control what happens to us, we can control how we view those situations. I hope this information helps you and your family stay strong, hopeful and encouraged as you move through your daily lives. If I can help in anyway, please do not hesitate to call.

Take care,

Remember to Spring Forward! Move your clocks forward one hour Sunday, March 8th.

\*Also, time to change the batteries in your smoke alarms.

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*Oh, by the way®… if there is anyway I can be of service to you or your family during this time, please call me. I’m happy to help you however I can in a way that is healthy, safe and sanitary.*