

VERIACCOUNT

Finance Magazine

July 2023

5 SELF CARE TIPS TO
IMPLEMENT RIGHT NOW
FOR SELF CARE DAY

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*It's the little things that bring
us joy!*

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Check out our service!

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We especially love number 4!

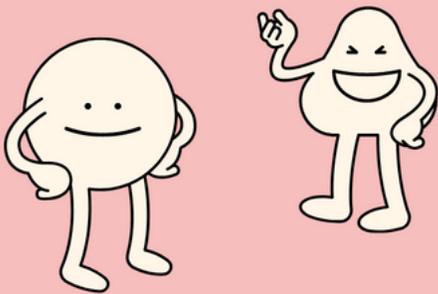
4 KEEP YOURSELF SHARP

*Complete this month's
crossword!*

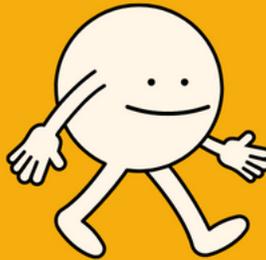
VeriAccount Comics

THINGS THAT BRING ME JOY

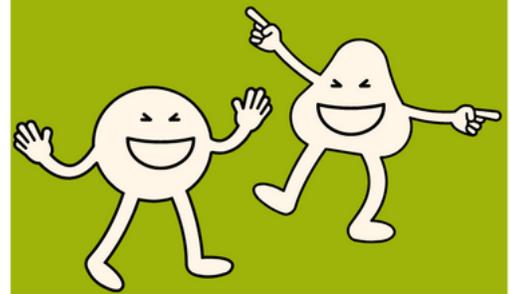
When my friends
laugh at my jokes.



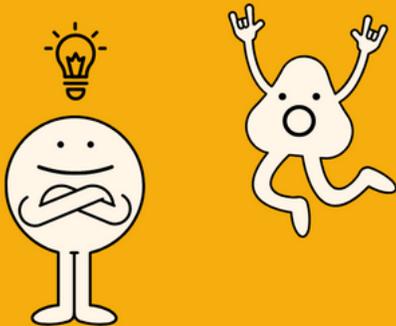
When I take time to go
on walks.



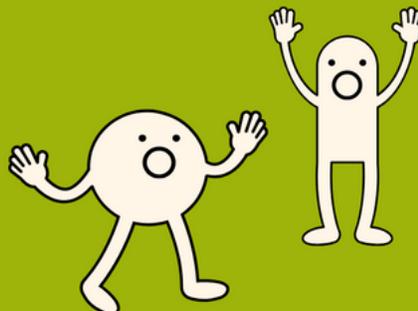
When I get to dance
and have fun.



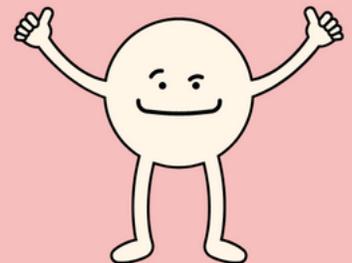
When others
appreciate my ideas.



When I get to
celebrate my friends.



When I am feeling
proud of myself.



VeriAccount Service Spotlight



Estate Planning

\$200

From basic arrangements to more complex arrangement issues our estate planning service allows you to get peace of mind for your own individual financial situation. VeriAccount can help you create a detailed and extensive estate plan that will leave your family in good hands.

\$200 Per Estate Plan

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5 Self Care Tips To Implement Right Now For Self Care Day

Self-care is a vital practice that involves nurturing and prioritizing one's physical, mental, and emotional well-being. In today's fast-paced and demanding world, taking the time to care for oneself has become increasingly important. Self-care encompasses a wide range of activities and practices, from establishing healthy habits to engaging in activities that promote relaxation and rejuvenation. It is a deliberate and conscious effort to maintain balance, reduce stress, and enhance overall quality of life. By practicing self-care, individuals can cultivate self-awareness, resilience, and a greater sense of fulfillment, ultimately leading to a healthier and happier life.

- 1. Prioritize rest and sleep:** Ensure you're getting enough sleep each night to recharge your body and mind. Create a soothing bedtime routine and establish a consistent sleep schedule.
- 2. Nourish your body with healthy habits:** Focus on eating a balanced diet that includes nutritious foods, such as fruits, vegetables, whole grains, and lean proteins. Stay hydrated by drinking plenty of water and limit the consumption of processed or sugary foods.
- 3. Engage in regular physical activity:** Incorporate regular exercise into your routine to promote physical and mental well-being. Choose activities you enjoy, whether it's going for a walk, practicing yoga, or participating in a sport. Physical activity releases endorphins and helps reduce stress.
- 4. Set boundaries and practice saying "no":** Learn to prioritize your needs and set healthy boundaries with others. Say "no" when necessary to avoid overcommitment and burnout. It's essential to allocate time for yourself and engage in activities that bring you joy and relaxation.
- 5. Nurture your mental health:** Make time for activities that positively impact your mental health, such as meditation, journaling, or spending time in nature. Seek support from loved ones or professionals when needed, and don't hesitate to ask for help. Taking care of your mental well-being is crucial for overall self-care.

KEEP YOURSELF SHARP!

We hope you enjoy this crossword puzzle!

VeriAccount Word Search

Y	S	K	R	O	W	E	R	I	F	E	H	E	E
F	D	E	C	L	A	R	A	T	I	O	N	R	F
R	I	N	D	E	P	E	N	D	E	N	C	E	M
F	L	I	B	E	R	T	Y	I	L	U	E	E	M
A	R	C	E	E	M	O	D	E	E	R	F	T	A
M	E	Y	U	A	O	M	A	S	E	L	C	N	U
I	D	L	E	N	F	H	E	R	O	E	S	F	S
L	B	E	D	F	L	A	G	A	E	E	E	L	R
Y	A	W	E	E	F	R	I	E	N	D	S	G	R
E	A	M	E	R	I	C	A	W	H	I	T	E	D
S	T	R	I	P	E	S	E	A	N	F	N	F	E
H	S	U	N	I	T	E	D	S	T	A	T	E	S
R	W	I	W	A	A	S	T	A	R	S	N	A	H
D	I	E	R	L	I	H	R	E	D	A	R	A	P

STRIPES
FRIENDS
FREEDOM
HEROES
WHITE
PARADE
LIBERTY
BLUE
FIREWORKS
DECLARATION
FAMILY
UNCLE SAM
INDEPENDENCE
UNITED STATES
FLAG
STARS
AMERICA
RED