

"To assist Members as they protect and serve taxpayers."

Surviving Tax Season

Want to have a Perfect Day?

Legendary basketball coach John Wooden defines a perfect day as a day in which you do something for somebody who will never be able to repay you. Isn't that a beautiful thought?

So that is your Healthy tip for this week. Every single day for a week, do something nice for somebody without any expectation of payback.

If I get a smile from a clerk at the store or the bagging person is personable, from time to time I will seek out the store manager, point to the person (in his or her presence) and say, "That person is doing a great job. You are lucky to have 'em." I make some kid's day, not to mention the manager is happy, too.

So at this time of year when your stress is highest, go be nice to someone. Buy coffee for the stranger behind you at the Starbucks. Say something nice to someone, just out of the blue. Bring home a gift for family member for no reason whatsoever. Give a smile to a person who looks like they need one. Smiles are like boomerangs; they come back right at you.

After a week, you just might find you feel so much better yourself that you continue the practice. And the pebble we drop in the water creates ripples that go far beyond what we ourselves can do.



Welcome Newest Members of the CSEA 2.2% Club... Enrolled Agents Joyce Milburn (Kern) and Gesa Payne (Sacramento Valley). We know have more than **4 dozen** members of the Club, and growing! Stay strong, stay healthy!

There are 1,440 minutes in a day... If you exercise your body and mind for only 32 minutes a day, you're using only 2.2% of your day to improve your mental and physical health! Take YOUR pledge to maintain the fitness requirements of the **CSEA 2.2% Club** by emailing Cliff Weimer, CSEA Communications Coordinator, at cweimer@csea.org or clicking on that **"Join the CSEA 2.2% Club!"** logo. Members of the club get special emails! And please—keep your own health tips coming! **AND ITS NEVER TOO LATE TO JOIN THE CLUB!**

**Join the
CSEA 2.2%
Club!**

The new **HEALthy, WEALthy, & Wise** portion of our **website** — compiling all the tips we've published here — is now online in the **Resources** area!

We're committed to you – and want to see you **HEALthy, WEALthy, & Wise** – so you'll be getting this weekly reminder throughout the tax season with tips, suggestions, and reminders so that come April 16 you'll be in good shape mentally, physically, and psychologically!