

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

Surviving Tax Season

"One Week to Go!"

Congratulations to each and every one of you who hasn't let this stressful time of year break you!

Here are a few important reminders to get you through April 15.

BE READY: Give yourself time to do your daily tasks, never be so late you have to rush to pick up a child or are late to an appointment. When it is time to put down your work and pick up your car keys, do it.

RESOLVE CONFLICTS: Don't let disagreements or arguments fester or simmer.

LESSEN YOUR WORRYLOAD: List all the things that you're worried about, and then cross off the ones that are out of your control. There, look how many things you've just gotten rid of.

TAKE CARE OF YOURSELF PHYSICALLY: Exercise every day, eat well-balanced meals, get some sleep. Your body takes better care of your mind when it's in good running order!

NON-STRESS ACTIVITIES: Don't forget to daydream and plan fun post-tax season events!



Welcome Newest Member of the CSEA 2.2% Club... Enrolled Agent
Karla M. Butler (San Gabriel Valley).

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!