

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

Surviving Tax Season

Push and Breathe... Like Having a Baby, Only Less Painful!

The list of CSEA Members who have committed themselves to health and sanity this tax season continues to grow. Great job; we even have our first out of state pledges! Today's tips come from a pair of East Bay EAs.

PUSH! Evangeline Castillo, EA has organized a staff-wide stretch break mid-morning and mid-afternoon, pushing the body just enough to keep the blood flowing for 10 minutes each "stretch break". She also encourages hand and wrist exercises, shoulder rolls, etc. during the day, and uses a program called Workplace (workpace.com) that pops up on your computer to call for mandatory breaks.

BREATHE! Kim Kastl, EA reminds us of something my personal trainer used to have to tell me ALL the time: "BREATHE!" Kim points out that simply pausing to take a good, old fashioned deep breath reduces tightness in the neck and shoulders caused by stress: "Start with a few deep cleansing breaths. Close your eyes and breath in slowly on a count to five, hold the breath for a slow count to 7 and breath out slowly to a count of 9. Several rounds during a busy or stressful period will help you relax your mind and body."

Push and breathe... and have a happy and stress-reduced week. And here's a shout-out to CSEA 2.2% Member Cherry Comstock, EA, who is reducing stress today big-time; she's in Disneyland with her daughter! Now if a few hours in the Happiest Place on Earth can't make you feel better, what can?



Welcome New Members of the CSEA 2.2% Club... Enrolled Agents Arnie Blitstein (Channel Islands), Judy Hales (Sacramento Valley), Kim Kastl (East Bay), Lucille Poulter (Central California), Jorge Roman (Peachtree City, GA), Dana Ronald (Kern), Elizabeth Ann Tinics (Wenatchee, WA), George Van Buren (South Bay), and Roswitha Winter, EA (North Bay).

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!

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! Coming soon... A special area of our [website](http://www.csea.org) compiling all the tips we publish here — plus more! Watch for it!