



Acorn Financial Services

Growing Mighty Oaks

From The Desk Of...
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A slightly obscure holiday this month is “National Stress Awareness Day” on April 16. (Is it any coincidence that it falls immediately after taxes are due?) With that in mind, our first article offers 10 relaxation techniques to help you unwind and manage life’s myriad challenges.

And since a change of scenery can also relieve stress, check out the article about some of the events going on at our National Parks this spring.

Interested in retiring sooner rather than later? This article explores 9 ways to help you reach your retirement goals.

Finally, I’ve included an updated version of the video *The Best Time to Invest*. As cliché as it may seem, the tortoise always outlasts the hare in the race for financial freedom. Just a gentle reminder that no matter what

external forces are at work, keep your head down, breathe and focus on that finish line.

Happy spring everyone!

Best Regards,

The Acorn Team

Articles of Interest

10 Relaxation Techniques that Zap Stress Fast

Shake off life's stressors with these helpful techniques.

Spring Fun in Your National Parks

Step away from the office and into a vibrant and verdant national park this spring.

The 9 Habits of Highly Successful Retirees

Try some of these ideas for a potentially earlier retirement.

Video: The Best Time to Invest

Follow a humble dollar bill's historical stock market journey from 1927 through 2014.

<http://www.webmd.com/balance/guide/blissing-out-10-relaxation-techniques-reduce-stress-spot>

<http://www.nationalparks.org/explore-parks/travel-ideas/spring-fun-your-national-parks>

<http://www.dailyfinance.com/2015/03/07/successful-early-retirees/>

<https://www.youtube.com/watch?v=CsT8LkPDEzU&feature=youtu.be>