



Mindful tips and greetings from Elaine



Hopefully you are enjoying the Fall season and are not stressed out.

Liked this article for those of you trying to find ways to lower stress. “Just a spoon full of sugar makes the medicine go down...” Interesting study on how some popular tunes help ward off stress.

<https://tinyurl.com/yarrunu8>

How to Freeze your Credit-

A few posts ago we spoke about identity theft. Freezing your credit is one of the best things you can do to reduce your risk of identity theft. Many of the credit bureaus are offering to place the freeze for free based on new legislation passed in May. Here is the link to help you get start to place a freeze on your credit as well as frequently asked questions. The only caveat is if you need to open a line of credit you may want to wait until that is completed or unfreeze and then freeze again once you have finished the process.

<https://www.consumer.ftc.gov/articles/0497-credit-freeze-fags#what>

Until next time,



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