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Health and Wellness of the Economy, the Markets and While We Are Working/Staying At Home

July 27, 2020

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The Economy and Markets

On the medical and economic fronts, Commonwealth's chief investment officer Brad McMillan provides the following cautionary comments as of Friday:

Virus news: Major state outbreaks have risen to the level of threatening local health care systems, and case growth in other states is also picking up.

Economic news: The most recent initial jobless claims report came in higher than expected, although continuing unemployment claims were still down. Consumer confidence has improved but recently looks to have topped out. And while the most recent retail sales report showed that consumer retail spending has now recovered to pre-pandemic levels, higher-frequency spending data has softened.

Market risks: The biggest risk is if the local outbreaks turn into local shutdowns (which would have negative economic effects) or, even worse, a national shutdown. At this point that outcome doesn't look likely, but it remains a possibility. Another potential risk is that, even with the reopening, consumers will be slow to return and spending growth will not return to what was normal any time soon. Again, so far, this has not happened despite the outbreaks, but it remains a risk.

The data suggests that the second wave of pandemic will be brought under control, just as the first wave was. If the outbreaks continue to worsen and spread, it could put the recovery at risk--but this possibility looks less likely this week than last. In some sense, a second wave was always likely, as part of a necessary process to figure out how to reopen effectively while still keeping the virus under control....Keep in mind that many of the biggest risks are still moving behind us. The most likely case appears to be continued recovery.

For the full article, click here: [Signs of a Slowdown, But Recovery Still on Track](#)

Health and Wellness Resources for All of Us

Work from Home Resources

If your return to the office is starting to feel like more like an, "if," versus a, "when," take a look at these tips for making your setup more comfortable and your life more balanced:



- ComputerWorld: [How to Set Up a Work From Home Office for the Long-Term](#)
- Harvard Business Review: [How to Avoid WFH Burnout](#)

Physical and Mental Wellness

Check out one of these workouts to keep yourself moving this summer--and when those summer storms hit (whether outside or in your mind) tune in to one of these free meditations:

- Runner's World: [Free Workout Streaming Services You Can Use at Home](#)
- Self Magazine: [A Sweaty 30 Minute Cardio HIIT Workout You Can Do Right in Your Living Room](#)
- Headspace: [Weathering the Storm Collection of Free Meditations](#)
- Wherever you live, I just discovered a website that will tell you where all the best hiking trails are located. Visit www.AllTrails.com for this information.

Family Fun

The kids have put down their paper and pencils and, although you survived homeschooling, hosting summer camp in your home offers its own unique set of challenges! Check out these resources to keep the kids busy all summer long:



- Slate: [The Slate Guide to Quarantine Summer](#)
- What Moms Love: [The Best Outdoor Water Activities to Keep Your Kids Cool This Summer](#)
- CNN Health: [Summer is Not Completely Cancelled: Here are 100 Things We Can do With or Without Kids](#)

Staying Connected

You might have started opening up your circle up to family and close friends, but it's still important to practice safe social protocols and stay connected with those who remain miles away:

- [How to have friends over this summer-safely](#)
- Elite Daily: [8 Online Games to Play with Friends for a Virtual Hangout](#)
- Oprah: [21 Best Online Games to Play with Friends While Social Distancing](#)

Cooking

It's grilling season! Tie on your favorite apron and make sure the propane tank is full so you can create delicious meals for the family at home all summer long--and don't forget to shake or stir up a delicious cocktail to go along with it:



- Food & Wine: [28 Quick Grilling Recipes to try This Summer](#)
- Bon Appetit: [54 Easy Summer Dinner Recipes so you can just Chill](#)
- Food Heaven: [Plant-powered recipes balancing flavor and nutrition](#)
- Shape: [The 10 Best Summer Cocktails \(That Happen to be Healthy-ish\)](#)

Suggested TED Talks

We've all undoubtedly faced some challenges these past few months. These are just a few stories that offer perspective on inspiration, emotional wellness, and resilience in the face of adversity:

Diana Nyad: ["Never, Ever Give Up"](#)

In the pitch-black night, stung by jellyfish, choking on saltwater, singing to herself, hallucinating ... Diana Nyad just kept on swimming. And that's how she finally achieved her lifetime goal as an athlete: an extreme 100-mile swim from Cuba to Florida -- at age 64. Hear her story.

Pico Iyer: ["The Art of Stillness"](#)

The place that travel writer Pico Iyer would most like to go? Nowhere. In a counter intuitive and lyrical meditation, Iyer takes a look at the incredible insight that comes with taking time for stillness. In our world of constant movement and distraction, he teases out strategies we all can use to take back a few.

Charitable Resources

Communities continue to step up and support one another during these challenging times. Check out a few resources to help make the most of your time and efforts:



- [No Kid Hungry](#): The coronavirus has closed schools nationwide, and millions of vulnerable children have lost the school meals they depend on. For some, it's the only food they'll receive in a given day. Help continue the work to ensure every kid gets three meals a day.
- [Feeding America](#): Find Your Local Food Bank
- [Charity Navigator](#): Charity Navigator has a list of legitimate and highly effective nonprofit organizations responding to the COVID-19 pandemic.

TV, Music, Books, and Podcasts

It's easier than ever to get outside these days thanks to warmer weather and shorter (or no!) commutes. But when the sun goes down, it's time to tune in--maybe backyard drive-

in style-with a hit movie you still haven't seen, or play some music around the fire pit. Or, curl up in a hammock with a must-read or latest podcast.

- World Economic Forum: [Bill Gates: Books to read, TV to watch and things to do this summer](#)
- The Atlantic: [Unexpected Movie Masterpieces to Watch in Quarantine](#)
- TED: [Change your life and those around you, with these 23 inspiring new books from TED speakers](#)
- NPR: [A List of Live Virtual Concerts to Watch During the Coronavirus Shutdown](#)
- Mashable: [The best podcasts to binge that tell one hell of a story](#)
- NPR: [Press Pause and Hit Play: The Best New Songs You've Missed During Quarantine](#)

Virtual Travel

The world may be starting to reopen, but we are still a long way from experiencing the leisurely travel that we once enjoyed. Pull up one of these webcams from destinations around the country, including, New England, the Hamptons, and San Diego-or brush up on tips for making the most of your time at home:

- New England: [Aquarium: Giant Ocean Tank Webcam](#)
- Audubon Society of Rhode Island: [Providence Peregrine Falcon Webcam](#)
- Hamptons: [Coopers Beach Cam](#)
- San Diego Zoo: [Live Cams](#)
- RetailMeNot: [Ways to Staycation \(and Vacation\) During Quarantine](#)

My staff and I deeply appreciate the continuing opportunity to work with you. Please let me know if you have any questions or requests. Thank you.

Sincerely,

Paul S. Bonapart, JD, RFC, AIF®, President
Financial Security Planning Services, Inc.
520 Tamalpais Dr, Suites 103 & 104
Corte Madera, CA 94925
(415) 927-2555
www.FinancialSecurityPlanning.com
CA Insurance License No. 0808412

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