

Boomers aging well at work

Boomers have been making waves in the workforce for more than 30 years. This "larger than life" generation, born between 1946 and 1964, are now in their 50's and 60's. They have worked hard and played hard with the long-term dream of Freedom 55. However, visions of early retirement for many are no longer feasible. With savings shrinking and life expectancy on the rise, Boomers are postponing retirement. Surveys indicate that 80 percent of Canadians over age 50 plan to keep working well beyond 60, even past their 70th birthday.

The workforce, 55 years and older, is expected to increase from 17 percent in 2006 to nearly 23 percent by 2016. As the workforce ages, employers are looking for proactive strategies to keep older employees engaged, keep low risk employees from becoming high risk, and manage healthcare costs. Diseases - including heart disease, cancer, diabetes, mental health, chronic back pain, and arthritis - represent the majority of health cost pressures employers are likely to face over the next two decades.

Employers, influenced by the pending labour shortage, are motivated to keep Baby Boomers - their most skilled and experienced workers - mentally and

physically fit for work beyond the traditional retirement age. Although managing one's overall health requires a high degree of personal responsibility, a supportive workplace environment is crucial to maximizing health and productivity benefits.

Many of Canada's leading employers are targeting programs to influence Boomer participation and engagement by examining their physical environment, programs and services, work/life balance policies, and culture. The physiological changes associated with aging are real and may include increased aches and pains, changes in balance, decreased muscle mass, oxygen uptake, strength and flexibility, slowing metabolism, weight gain, reduced vision and hearing, and hormonal changes.

A supportive physical environment will help offset these changes by promoting physical fitness, healthy eating, and by accommodating for physical changes, disabilities and/or chronic illness. Physical inactivity is the strongest predictor of mortality, exceeding the risks of smoking, high blood pressure, high cholesterol, and obesity.

How long do you want to work?
What's your plan?

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What's important to you

Spring 2010



I have been inspired by many exceptional experiences in my life!

After the Party

As the world had its eyes on the Olympians in Vancouver, it seems appropriate to take a look at some highlights of Vancouver 2010.

- Over 80 Countries sent athletes to Vancouver.
- The Vancouver Games were the third hosted by Canada: Montreal Summer Olympics in 1976 and Calgary Winter Olympics in 1988.
- The 2010 Games are estimated to have cost \$1.76 billion
- Approximately 2,500 athletes competed in 15 sports with over 86 events (the first Winter Olympics in 1924 saw 16 countries, 258 athletes and 16 events)
- Canada won 14 Gold, 7 Silver and 5 Bronze medals. The most Gold medals to have ever been won by a host country.
- The Olympics appear to have given Canada a new sense of pride in our country.



Because you're worth it! Healthy ways to build your self- esteem

Self-esteem is an important part of total health and vibrant living, and helps us function fully. If you'd like to be healthier and more confident mentally as well as physically, there are things you can do every day to raise and maintain a strong, positive self-image.

If your self-esteem could use a little work, mental health experts suggest the following ways to nurture yourself every day. You may be practicing some of these techniques already, but there are certainly some new ones you can try.

10 ways to be good to yourself

- 1) Do something you enjoy. Make a list of things you enjoy doing, such as playing an instrument, working on a craft project or tending to plants. Then do something from that list every day. Add to the list anything new that you discover you enjoy doing.
- 2) Get something done that you've been putting off. Clean out that drawer. Wash that window. Pay that bill. Cross it off the "Honey-do List"
- 3) Wear clothes that make you feel good about yourself.
- 4) Reward yourself. Go ahead: take time to listen to a CD, or take a bubble bath, or enjoy a walk. You deserve it.
- 5) Be with "up" people who treat you well, around whom you feel good about yourself. Avoid those who treat you badly. Make your home a reflection of you. Whether you live in a single room or a large home, make it comfortable and attractive for you. If you share your home with others, reserve some space that is just for you - a place that you can decorate any way you choose.



- 6) Display items that appeal to you or that remind you of your achievements or of special times or people in your life.
- 7) Make meals a special time. Turn off the TV and the computer. Set the table, even if you are eating alone. Light a candle or put some flowers in the center of the table.
- 8) Learn something new. Take a class or go to a seminar. Many adult education programs are free or very inexpensive.
- 9) Show kindness to someone. Smile at a person who looks sad. Chat a bit with a store cashier. Take a meal to a friend who is sick. Volunteer for a worthy organization.
- 10) Make it a point to treat yourself well every day. Before you go to bed each night, write about how you treated yourself well during the day.

What do you want? Think it, Speak it, Act on it

If someone told you that you could have anything you wanted in life, would you believe them? Well that is exactly where it starts. Look at team Canada. The "I Believe" campaign that was the catalyst to achieving the most Gold medals ever in Olympic history.

What would you dare to dream for yourself and those you care about most? How would your actions, habits, and feelings - your entire life - transform if you believed, without question, it was absolutely true?

You need to challenge yourself, to move beyond your self-imposed boundaries, otherwise known as your comfort zone. That's the only way you'll grow. Unless you're ready to think, feel, and act in different ways than you've done prior to now, you'll continue to live the life that you're living with the same results you're getting.

I will bet that there's at least one area of your life (if not two or three) where you know you deserve more than you're currently getting. In my book, I will be reviewing the strategies and tactics that you can incorporate to change your life and achieve everything you want. But it all starts with you! Do you Believe?

Mending a broken heart - dealing with emotional pain, heartache and grief

People say you can't die from a broken heart, but when you are suffering from one, it sure doesn't feel that way. You may be wondering how long it will be before you can get through a day without feeling the wrenching pain in the heart, the knot in the pit of your stomach, and the tears ready to spill down your cheek at any moment. How long will the mind keep ruminating over what went wrong? If these are some of the questions you are asking yourself, you are not alone.

Here's the reality of it: broken hearts hurt - a lot. You may feel like you've lost the meaning in your life or that you may never get over this pain. The good news is that I can tell you that you will heal. Not because time heals the wounds, but because you can actively heal your own wounds. That's right, you don't have to wait for time to heal your heartache if you do the work.

You can't run away from a broken heart. The way out of the pain is through it. I have learned that there are five stages that we all go through in grief recovery: shock, anger, depression, the work and acceptance.

When a significant relationship ends, we each have work to do if we want to get our life back on track in the quickest and healthiest way possible. Here are a few suggestions:

- Develop and repeat a helpful saying to get you through the initial shock and pain, such as "This too shall pass" or "I will survive".
- Reach out to a friend or family member who will just listen. It's important to share your thoughts with someone you can trust.
- Cry when you need to. It's OK to cry over a loss. Don't hold back, let the tears roll, just do it in a private and safe place. The purpose of tears is to cleanse you of your pain.
- Begin the work by journaling. Go into your pain and feel your emotions. Understand they are just feelings, not necessarily facts. So write, write, write.



- Develop a spiritual relationship that will help you to forgive, accept and move on.

Remember that healing is a process. Expect waves of sadness, anger, guilt or fear even after you think you are over it. Give your heart time to heal.

Eat Healthy. Avoid junk foods (foods containing a lot of sugar, salt or fat) eat lots of fresh fruits and vegetables, whole grains and lean meats, drink plenty of water, and be sure to use quality nutritional supplements.

Doug's Tip: Drink a glass of water before each meal. It helps with digestion.

Exercise - Physical activity is one of the most positive things you can do for yourself. A daily walk, bike ride, playing a sport, dancing... what do you like to do?

Doug's Tip: Sit on the floor and stretch during your favourite TV show.

Take time for some grooming - Sometimes, the little things you do can improve your outlook and self-image.

So, make sure that along with your daily bath or shower, you wash and comb your hair, trim your nails, brush and floss your teeth.

Doug's Tip: Share a foot rub with your spouse while watching a movie.

What's
important
to you

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