

What is Important to You About . . .

Financial ~ Mental ~ Physical ~ Spiritual ~ Social

NEWSLETTER

Volume 18, Issue 5

May 2019

NORTHWEST WEALTH ADVISORS



Registered Investment Adviser

1800 Blankenship Road
Suite 130
West Linn, Oregon 97068
Phone: (503) 478-6632
Fax: (503) 296-5635

mark@nwwealthadvisors.com
toby@nwwealthadvisors.com

"We must be willing to let go of the life we have planned, so as to have the life that is waiting for us."

~E.M. Forster

How quickly circumstances can change! Not too long ago fears of another rate hike by the Feds had quashed the rally that had been running since the beginning of the year. Then in March, they came out with a statement indicating that they had no plans to raise rates for the rest of the year. That caused the markets to respond in a favorable way and optimism once again entered the markets.

Then we had President Trump once again opening his electronic bully pulpit with a series of tweets on trade tariffs with China that put what was once a promising development for trade agreements on hold and naturally the Chinese responded with their own retaliatory measures. That sent the markets into a dive and if that wasn't enough, Trump shifted his tariff focus onto Mexico. Apparently, that was enough to capture the attention of the Feds.

In a recent Fed conference in Chicago, Federal Reserve Chairman Jerome Powell pledged the central bank will take appropriate actions to sustain the U.S. economic expansion. He went on further to note that the Feds were not sure how or when these issues would be resolved. "We are closely monitoring the implications of these developments for the U.S. economic outlook and, as always, we will act as appropriate to sustain the expansion, with a strong labor market and inflation near our symmetric 2 percent objective," Powell said. Fed watchers took that to mean they would even consider rate cuts which sparked the markets to a quick bounce.

The trade war between China and the US has escalated. Previously the tactics that trade representatives from both countries were using were seen as negotiating strategies, but the thinking has shifted. With the Chinese issuing travel warnings for their citizens going to the US and condemnations directed toward Secretary of State Pompeo's comments on the anniversary of Tiananmen Square in 1989, thousands of companies involved in the trade between these countries are realizing that hope for a resolution is diminishing and that they could be in this predicament for the long haul.

What are the potential outcomes to the bad feelings over trade between the US and China? Trade diversions are most likely. Simply put, both countries will start looking for other trading partners. As it is, China is more dependent on the US than vice versa, so as the US looks for other suppliers, that will be a boost to those country's economies. Already that evidence is surfacing as Nomura, the Japanese investment bank, reports that Vietnam has emerged as the largest beneficiary of this trade war diversion. Vietnam has gained an estimated 7.9% of its gross domestic product from those new diversions in trade flows. Other major beneficiaries from the trade war are Taiwan, Chile, Malaysia and Argentina. In the world of opportunities, when one door closes, another one opens somewhere else.

Sooner or later the markets will pick up on this theme and that may reduce some of the dark cloud that is hanging over investors' attitudes right now.



The Mental Health Benefits of Having a Daily Routine

Courtesy of www.blurtitout.org

Mental ill health is disruptive, it can turn our worlds upside down, leaving us feeling kerplunked. Quite often, we might find ourselves having to make adjustments to our lives, to make room for recovery. It can sound counter-intuitive but developing a daily routine can help us to feel more in control of everything, and help us to make room for all that's important. Routine can aid our mental health. It can help us to cope with change, to form healthy habits, and to reduce our stress levels.

Routine can anchor us - Routine can be an anchor. No matter what's going on in our day, knowing that we will be having our evening meal around 6 pm, and going to bed around 10 pm, can be a real comfort. The certainty of our routine can help us to manage the uncertainty that life can throw up. Coping with unpredictable periods of time can feel more doable when we have a little structure in place to look to.

Reducing stress - Having a daily routine can help to reduce our stress levels. Trying to remember things can be really stressful and can fill our brains up with everything on our 'to do' list; which can be incredibly overwhelming. When we have a routine, a lot of the things we do day-to-day slot in, and we don't have to think about them anymore. For example, when we're well we don't have to remember to clean our teeth, because we know from habit that teeth-cleaning comes after breakfast every day. Routine can take the guesswork and uncertainty out of bits of our day, which can allow us to feel more in control and less stressed.

Daily habits - Having a routine can help us to cultivate positive daily habits and to prioritize self-care. Organizing our time gives us the opportunity to build in blocks of time for things that are important to us. This can allow us to build in daily habits that help us with our mental health. It could include things like time to relax, or a regular bedtime. When they're part of our routine, it can make it easier to keep up with them because we have the time to do them and they become our 'new normal'.

Sleep routine - One of the things that having a regular routine can really help with, is sleep. Sleep is really important for our mental health because going to bed and waking up at a similar time most days allows our body gets used to our sleep-wake cycle and sets our sleep-wake clock accordingly. This means that by having a regular sleep routine, especially if we build in some time to wind down before we go to bed each day, we should begin to find that we find it easier to get to sleep and sleep better once we are asleep.

Build in the important things - Creating a routine allows us to build in time for the important things. This includes time to rest, relax, and have fun. It's not perfect – there are always going to be days when something overruns, a job takes three times as long as we expect it to take, or someone pops in unexpectedly. But structuring our time to include some downtime increases the likelihood that we'll manage to have that time most days. We will all value different things – for some of us it might be reading with the kids, others might want some time each day to play with their cat, some of us might enjoy sitting and reading for a little while. For many of us, it will be something else entirely, but that's why our daily routines are individual to us.

Healthy diet - When we're struggling, it can be really hard to plan, cook, and eat a balanced diet. Food can really affect our mood, so it's important that we try to keep things as balanced as possible. A routine can help with this, because it allows us to block out some time for cooking, eating, and cleaning up afterwards. Having this time might not mean that we always have the energy or headspace to cook, but it gives us the time to do so if we feel up to it.

Exercise - Not all of us are a fan of exercising, but exercise can boost our mood. If, and when, we feel able to start exercising, one of the big barriers to doing it can be time. It can be difficult to fit exercise into our day, particularly when life gets busy. By having a daily routine, even if exercise only features in it a couple of times a week, we can create time to take part in our exercise of choice.

Routine can be helpful when it comes to managing our mental health. It can help us to fit all of the important things into our day. The predictability of routine can offer some comfort in an otherwise unpredictable world. We have to be a little bit careful not to get so stuck in our routines that they start to cause us stress, or stop us from being able to do things that we want to do. As long as we're finding our routines helpful and not harmful, and feel able to flex and change them as our life changes, they can be a great thing to build on and develop over time.

Opinions expressed in this publication are not necessarily those of Northwest Wealth Advisors, LLC. Northwest Wealth Advisors, LLC's Form ADV is available upon request.



How to make a home inventory list for home insurance

By Susan Manning (www.msn.com)

No one wants to spend their Friday night taking inventory of every possession in their house, but if a disaster strikes, this mundane work will pay off.

Nearly half of Americans don't have an inventory list for their house. A recent report by Farmers Insurance said 44% don't have an inventory list. You may think a flood, tornado or wildfire will never hit your home, but Farmers said 70% of people will experience a natural disaster in their lifetime.

If your home and its contents get damaged, you'll be under enough stress dealing with the events at hand. That's why it's critical to make a comprehensive and detailed account of all your possessions for home insurance.

Obviously, the more information you have, the better -- it will make filing the claim faster and easier. So, you want to err on the side of collecting too much information.

Here's some information that you'll want to provide the insurance company:

- When it was purchased
- Where it was purchased
- How much it cost
- With that information, an insurer can assign the contents a value so it can be repaired or replaced quickly.

Now, let's talk about how best to compile a home inventory list for home insurance.

How to compile a home inventory

You don't need to get fancy to catalog your possessions.

A pen and notebook go a long way to track your material items. Make your list by including the possessions, any special details, rough estimate of when it was purchased and any other information that would make it easy for an insurance agent to process a loss.

Take photos and videos. They don't need to be Ken Burns' documentary quality, but having a visual record of important possessions will take pressure off you in the middle of a very stressful situation.

It will also make your insurance agent's job easier. And don't stop at just pictures and videos of items -- get shots of the serial numbers and receipts as well. Recording model numbers also helps.

"Video on your phone is fine...just so there is some kind of record. High valued items should be scheduled and have appraisals," said Megan MacBey, CIC, account executive at Eagle Insurance Group, LLC, in Massachusetts.

Walk around your home, go room to room and record every item. Don't get lost in the tedious work so much that you forget to list everything. Most people have storage boxes in

attics and basements that are filled with items of value, but when they're tucked out of sight, they're often overlooked when taking inventory.

Important documents are sometimes overlooked. These can easily be preserved with photos from your phone. Make sure you capture: account numbers, addresses and phone numbers associated with bank accounts, passports, appraisals and insurance policies. Birth certificates, death certificates and marriage certificates are equally essential items to capture on video or photo.

Don't forget to update this list annually. Just as you would document and collect receipts for your taxes every year, you should also document and collect receipts to update your insurance inventory list of the new purchases.

This process will get less cumbersome after you create your first list. After that, you'll only need to add new purchases. Updating annually will allow you to adjust your property coverage accordingly.

Although this could be a daunting task, it's an important one, so choose one room to start with and go room by room until you're done. And remember: If it gets overwhelming, do it a little at a time because a partial list is better than none.

Where to store a home inventory list

No matter which form you choose -- a handwritten list, photos or videos -- make sure to find a safe place to keep it. It won't help you if the list is destroyed in a disaster.

Here are some ideas on where to store your list:

- A safe deposit box
- A copy at a friend or family member's house
- A cloud so it can be accessed even if your original device is destroyed in the natural disaster. There are also apps that help create your inventory list and then store it on their cloud system.

So what happens if you're part of that 44% who don't have a list, but a disaster destroys your home? Is all lost?

"Not necessarily. They know you need to replace clothes and furniture, etc.; it just makes it easier to evidence what needs to be replaced," said MacBey.

Going room to room jotting down all your possessions isn't exactly thrilling. However, creating an inventory list for your home insurance can be vital if your home faces a disaster.



Need Motivation to Exercise? What Science Says Really Works

By Michelle Crouch (www.aarp.org)

You're probably familiar with all the amazing benefits of regular, consistent exercise. It lowers blood pressure, reduces your risk of disease, improves mental health and helps you live a longer, happier life. **Why, then, is it so hard to actually get up and get moving?**

More than 80 percent of Americans don't exercise as much as they should, according to the U.S. Department of Health & Human Services. Among those ages 65 to 74, two-thirds are not physically active. And we've all heard the statistics about the overwhelming number of people who don't follow through on their exercise goals.

"As humans, it's hard for us to make a decision to do something because it's good for us over the long term," says Art Markman, a professor of psychology at the University of Texas at Austin and author of *Smart Change*.

Fortunately, behavioral scientists have been busy trying to determine what actually works to boost exercise motivation. The next time you're tempted to make excuses and skip your workout, try one of these science-based strategies to get moving.

Stop making exercise about how you look -

Of course you'd like to lose 10 pounds or firm up those arms. But people who have a process goal, such as a target number of exercise sessions a week, are significantly more likely to stick to their workouts than those who focus on a big-picture outcome, like losing weight, a U.K. study found. "Instead of, 'I want to lose 10 pounds,' a better goal is, 'I'm going to exercise on Mondays and Thursdays at 11 a.m.,'" Markman says.

Find something you enjoy - Exercise doesn't have to mean sweating in the gym or endless treadmill time. How about hiking a local greenway, taking a dance class or volunteering to walk dogs at the local animal shelter? "We have this mental image that exercise is doing something that feels like a lot of work," Markman says. "We forget that taking a walk in a beautiful area with a friend is exercise." If you choose an activity you genuinely like, research shows you're much more inclined to stick with it over time.

Write down exactly when and where you will exercise -

In one landmark U.K. study, researchers put participants who were planning to start exercising into three groups: One got no information, the second received materials about the health benefits of exercise, and the third filled out a form indicating the single day/time/place (of their choosing) they pledged to exercise vigorously for at least 20 minutes. Two weeks later, the researchers were surprised at the results. An astonishing 91 percent of the third group had followed through, compared with less than 40 percent of the other two groups.

Become an early bird - Scientists have determined that we have a finite amount of daily willpower that is drained by

decisions and activities throughout the day. To counter that, plan to work out in the morning, before your willpower is depleted and before life can get in the way. A study published in the journal *Health Psychology* found that it's easier to develop a healthy habit in the morning, when your cortisol levels are higher, providing more of that get-up-and-go feeling.

Have a plan B - Expect setbacks, but instead of letting them get you down, Markman recommends making a contingency plan. Some studies show that using an "if-then" phrase can be particularly effective. Maybe it's, "If I don't get up to go to the gym in the morning, I will take a walk after dinner," or "If I can't walk because it's raining, I will do 10 minutes of physical activity inside." You can also use an "if-then" statement to tie a nonphysical activity you enjoy (such as listening to an audiobook) to a physical activity: "If I want to listen to the book, then I have to walk."

Prioritize convenience - One study found that the shorter the distance to the gym, the more likely members were to go. Another shows that people who live in neighborhoods with sidewalks are 47 percent more likely to be active for at least 39 minutes a day than residents of areas without sidewalks. "Your environment can make a huge difference," says David Maxfield, coauthor of *Change Anything*. "Set your workout clothes next to your bed the night before, and keep exercise equipment visible and nearby. If you have a treadmill or exercise bike on the first floor, you're twice as likely to use it than if it's in the basement."

Make it social

If you've heard it before, that's because research shows it works: You're more likely to exercise consistently if you work out with other people. "It holds you accountable, because you don't want to let them down by not showing up, and you'll also have more fun," says Deborah Feltz, a professor of kinesiology at Michigan State University. In her research, Feltz has found other benefits, too: People who work out with a partner exert more effort and also spend almost twice as much time exercising as those who go it alone.

Market Statistics

	5/31/2019 Close	Change YTD
Dow Jones	24,815.04	6.38%
NASDAQ	7,453.15	12.33%
S&P	2,752.06	9.78%