

# Retirement Matters Newsletter

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GenWealth Advisory Group*

*YOU'VE HELPING YOU NAVIGATE THE ROAD TO & THROUGH*



**JUNE 2012**

## Retirement Preparation: Emotional Management

Retirement preparation should not only include financial preparation but also emotional management.

Retirement preparation for all areas of retired life becomes crucial for anyone without a 401K or sufficient retirement funds. Besides careful and creative financial planning, time should be invested carefully and thoughtfully in the emotional aspects of retirement. Often help is needed in this area. Fortunately, emotional preparation for retirement is now part of retirement services offered by many professionals, some of whom give aid in online counseling.

Without a sound and well-cushioned financial base for retirement, the emotional security of a retiree can be severely challenged. If emotional upsets follow one upon the other, the necessary calm to evaluate new means of income after retirement can be missing.

### Importance of Retirement Preparation for Emotional Management

Your savings may lie dormant and hidden in a bank, but your emotional life right up to retirement and beyond should remain open and active. Good moods and the emotional  
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## Things always look good.....until they don't!!!!

What does that mean? It simply means that the best time to consider whether an adjustment needs to be made to something is before it starts to go bad. In the stock market, for example, most people wait until they experience severe losses to make adjustments to the amount of risk they expose their portfolio too. But imagine if a risk adjustment took place before a dramatic drop in the market. Why not reassess the amount of risk you're taking while you still have the highest values in your investments. Then you're taking control before disaster strikes.

Simple math tells the story...

If a \$500,000 portfolio drops by 40% in value that is a loss of \$200,000, taking the portfolio down to \$300,000. Now your portfolio has to earn 67% just to get back to the same \$500,000 you had before the severe drop. 67% returns just don't happen very easily and certainly don't happen without taking a lot more risk – the very thing you're avoiding after a 40% drop is more risk.

Now, what if that same \$500,000 portfolio drops by 10% in value, that is a loss of \$50,000, taking the portfolio down to \$450,000. Now your portfolio only has to earn 11% to get you back to your \$500,000. It is certainly much easier to earn 11% than it

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### Interesting Facts -

- Because of the unusual shape of their legs, kangaroos and emus struggle to walk backwards.
- Even if an analog clock is broken, at least it shows the correct time twice a day.
- Sneezing with your eyes open is impossible.
- The trickiest tongue twister in the English language is apparently "Sixth sick sheik's sixth sheep's sick". Give it a try and see for yourself.

- Most of the dust in your home is actually dead skin! Yuck!

### Tired Of Losing Money?

Now you can get stock market type returns without the stock market risks.

Plus, it offers tax deferred interest and tax free income at retirement.

**Call Our Office Today for More Information!**

Are You Positioned To Capture The Stock Market Coming Upturn?  
...With Safety & Guarantees? Call now for your **FREE** report  
**'Survival in a Volatile Market'**

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**Join Us for a GenWealth  
Advisory Dine N' Learn**

*"Are your assets protected  
from the next market crash?"*



**You Will Learn How To:**

- \*Learn the **TRUTH** about annuities they don't want you know about!*
- \*Enjoy "stock market" returns **without risk**.*
- \*Get guaranteed income growth up to 8%! Even today!*
- \*Protect your assets today from a possible market crash*

**Manny will be personally presenting this workshop and will give you information that will potentially save your retirement.**

**Please RSVP today at  
800.429.9117**

**Tuesday, June 12<sup>th</sup> at 2 &  
6:15 PM**

**Wednesday, June 13<sup>th</sup> at  
2:00 PM & 6:15 PM**

*\*\*Current clients are welcome!  
Just bring another couple you  
care about!\*\**

**Retirement Preparation: Emotional Management**

security these bring are as important to a retiree as physical security, for without them, health can falter and fail.

Investing in your emotions as an essential part of the retirement preparation you offer yourself is accomplished by getting rid of any emotional sludge which you may be putting up with day after day. Yoga, T'ai Chi but especially counseling of some form are good ways to confront and eliminate negative moods which could plague you more offensively after retirement.

**Emotional Counselors in Retirement Preparation**

As you plan what retirement preparation you need, consider an inexpensive way to create better moods for yourself as part of your planning for your future. Online counseling is not only affordable, it can be done from the privacy of your home or trailer at your convenience and can help you in that important area of retirement preparation: emotional management.

You contact a counselor of your choice by email, the counselor responds by email asking you to describe your emotional difficulty or problem, you do that by email, you receive a full answer to which you respond and the process concludes with a short second response from your counselor. This can be repeated as often as you like and can cost you as low as \$15.

Written and Published by Francine Juhasz, Ph.D. Francine is a psychotherapist with a doctorate in psychology from Case Western Reserve University. She has an online e-counseling practice specializing in senior retirement, astrological energy charts, marital relationships and sexual health.

**Things always look good.....until they don't!!!**

is to earn 67%, and it doesn't require taking so much risk.

This becomes even more important as we approach retirement, let alone when we are already in retirement. Large drops in an investment portfolio as we approach retirement can have a truly devastating effect on one's lifestyle. It may force someone to delay retirement by a number of years. Or, it might require a much lower standard of living during retirement. And how do you measure the amount of stress and anxiety experienced while struggling to recover losses.

And even more devastating, is when these large losses occur during retirement, right when you might be using your long, hard earned savings to supplement your income. The loss is magnified when someone is depending on the portfolio to supplement their income and the portfolio has a significant setback. Imagine, asking a portfolio for 6% withdrawals, then the 40% drop occurs, and now you're still taking the same dollar amount from the portfolio but it now equals a 10% withdrawal rate. Your portfolio may never recover back to its \$500,000 in the example above.