

# Coach's Corner

Latest commentary from David Richman and Dave Gordon to help you elevate the success of your practice

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## [Chasing Positivity](#)

# Feeling burnt out? You're not alone.

By: David Richman | February 9, 2021

Over the past several weeks, many of my conversations with advisors have rhymed. Issues they normally take in stride — challenges on the team, firm requirements or the pressures of serving clients — are creating extraordinary stress.

If this sounds familiar, what can you do? Here are some thoughts to consider:

- Take a breath and give yourself and others a break — these ARE difficult times, and everyone is dealing with their own challenges and most are on overload
- Look to control what you can control — a hallmark of resilient people
- Be kind to yourself — save some time for yourself every day for whatever fuels your happiness and feeds your soul
- Look for opportunity to spread kindness to others — family, team members, clients, friends and, even, total strangers can use a smile. Even if it's behind a mask, you can smile with your eyes (coined as "smizing"), you can open your heart.
- Anchor to moving forward each and every day rather than to thoughts like "when things get back to normal I will ..."

**Bottom line:** Keep "Chasing Positivity" — with each conversation look to communicate empathically, collaborate consciously and inspire action.

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[RELATED RESOURCE: Chasing Positivity](#)



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