

AVOID THE ADDED RISKS OF “HELICOPTER INVESTING”



Most people are familiar with the term "helicopter parenting." Its use was first recorded in 1969 by Dr. Haim Ginott in his book *Parents & Teenagers*. When talking with teens, he heard them describe their parents as hovering over them like helicopters.¹

It's important for mothers and fathers to take active and nurturing roles in raising their children, but helicopter parenting is an example of taking that involvement a step too far.

Dr. Ann Dunne, psychologist and author of *Even June Cleaver Would Forget the Juice Box*, defines it as "overparenting." She says that helicopter parenting means "being involved in a child's life in a way that is controlling, overprotecting, and overperfecting, in a way that is in excess of responsible parenting."

We're all shaped by our own childhood memories, some of which are surely troublesome or even painful. So it's only natural to want to protect your children from negative experiences. But there are two problems with trying to accomplish this through micromanaging.

First, you can't be hovering over your children twenty-four hours a day, seven days a week. Even if that's the main goal in your life. It's just not possible.

Second, helicopter parenting carries significant long-term risk for the child. What will they do the day Mom or Dad isn't there to solve a problem for them? Children, whose parents attempted to shield them from all negative circumstances, end up lacking resilience. Every small setback leaves them riddled with anxiety.

It's also possible to be a "helicopter investor"—for the same reasons and with similar results.

Like a good parent, a prudent investor takes personal responsibility for their retirement, with planning, self-discipline, and reliance on sound advice. But the helicopter investor takes it one step further, hovering over his portfolio and constantly intervening in an attempt to avoid painful, short-term losses.

Nobody wants to see their investments lose ground, and this behavior enables the investor to

feel like he's "doing something" about the regular ups and downs of the market. But unfortunately, like the helicopter parent, it puts him at much greater risk of detrimental performance results in the long-term.

Research has shown repeatedly that individual investors who transact in reaction to short-term data are more likely to underperform over meaningful time frames.²

There are plenty of ways to be a responsibly engaged investor without falling into the helicoptering trap. The more you can do to strategically plan and save aggressively, the better your chances of reaching your retirement goal.

We can help you fine tune your plan and then help you stick with it when you're tempted to "just do something."

Have a great weekend!

Source: Efficient Advisors

Golf Tip of the Week



Mental Fortitude

The best golfers know that successful shots are as much mental as they are physical. A common way to increase your focus is to keep your mind centered in the moment. What type of shot are you playing? What is your target? Do you have a strategy for your swing?

At the same time, try to block those negative thoughts we all have on the course. But if you find yourself unable to maintain your focus, regroup by taking a few breaths and listening to

your heartbeat. Don't feel rushed into a swing when you're not entirely focused on your goal. Here's a quick routine:

1. Give yourself a quick timeout to regroup.
2. Use your eyes to refocus on your target.
3. Use self-talk to tell yourself where your attention should go.
4. Take a few calming breaths to relax and get your mental game back on track.

Tip adapted from Golf Tips Magazineⁱ

Recipe of the Week

Hot Ramen Bowls



Serves 2

Ingredients:

- 1 tsp. sesame oil
- 1 tsp. olive oil
- 2 to 4 cloves garlic, minced
- 2 to 4 tsp. ginger, freshly grated
- ½ cup carrots, shredded
- ½ cup shiitake mushrooms, sliced (you can use other available mushrooms)
- 4 cups vegetable broth (you can use chicken, pork, or beef stock as well)
- 1 Tbsp. rice vinegar (optional)
- 3 to 4 Tbsp. low-sodium soy sauce, to taste
- 1 to 3 Tbsp. Sriracha sauce, to taste

Two 3-oz. portions of ramen (you won't need the packets)

Toppings

Sliced chicken, beef, or pork

Seaweed or nori

Sliced scallions

Asian pickles

Corn

Bean sprouts

Sesame seeds

Shredded carrots

Soft-boiled egg

Directions:

1. Place a pan on medium heat and add the sesame oil and olive oil. Add garlic and ginger, and simmer until fragrant, being careful not to brown the garlic.
2. Add the carrots and mushrooms, and simmer until they soften, about a minute, stirring frequently.
3. Add the broth, Sriracha sauce, rice vinegar (if using), and soy sauce. Stir, and bring to a simmer; let it go for about five minutes. Taste, then adjust heat and flavor to your liking, adding more Sriracha and soy sauce, if needed.
4. Carefully place the ramen noodles into the pot of simmering broth and cook approximately 2 to 3 minutes, until tender.
5. Carefully transfer the soup and noodles to bowls and allow to cool. At this time, make your soft-boiled egg.

Soft-Boiled Egg

1. Boil water in a small saucepan. Add the egg(s) and let them boil for five minutes.
2. Have an ice bath ready, and when the time is up, transfer the eggs into the ice bath for about a minute to stop the cooking process.
3. Gently crack the egg and roll on a flat surface, then peel, slice in half, and place on top of your soup.

To Serve

1. Garnish with your toppings of choice and enjoy!

Recipe adapted from Killing Thymeⁱⁱ

Health Tip of the Week



How to Make New Friends

Everyone feels lonely at times. Making friends can beat these lonely feelings and may also bring some fun and companionship to your life. Here are some friendship-making tips to try:

- **What about you?** Work on your great qualities that give you confidence. They will shine and attract likeminded folks.
- **What are you passionate about?** Golf, crafts, the outdoors, swimming, cooking? Try volunteering at places that relate to whatever floats your boat.
- **Meetup.** You could try the Meetup app for local social groups, but literally, “meetup.” If you meet a potential friend, meet for coffee in a neutral place. Think about some things to talk about and questions to ask in advance. You’ll learn a lot, and possibly, make a new friend.

Tip adapted from The Guardianⁱⁱⁱ

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Sources:

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2. <http://go.efficientadvisors.com/e/91522/rs-costs-you-dearly-2016-01-25/5ydrsj/688760351?h=1sKRRS9bk7Znr56lfueHSR6zsCJ7gRT2oA9ahAnB0XE>

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ⁱ <https://www.golftipsmag.com/video/full-swing/learn-to-focus/>

ⁱⁱ <https://www.killingthyme.net/2015/10/30/easy-homemade-ramen-bowls/>

ⁱⁱⁱ <https://www.theguardian.com/lifeandstyle/2018/apr/30/how-to-make-new-friends-adult-lonely-leap-of-faith>