



Tips to Take Back Control of Your Day

Are you **at the office more hours than you are at home**? Even with the long hours, you **can't get caught up** and you still get **blamed for everything** from climate change to world hunger. I have created some tips, **exclusively for you the escrow professional**, to help you **relax a little, reduce your stress**, and **take back some control of your day**. I know during my years in escrow there were many challenges, frustrations, and stresses; yet nothing like what you are experiencing today.

This is Free so you are welcome to forward this link <https://tinyurl.com/spp3bb75> to others in your office. I promise these will be short because I know how busy you are. Some of the tips may be “Duh, I know that” yet sometimes a gentle reminder is all that is needed and some of the tips could be just what you needed to hear that day.

- Sign up here: <https://tinyurl.com/spp3bb75>
- Then **watch your email box on Tuesdays at 2:00 p.m.**
- Add [jancerasaro@yccbe.com] to your contacts list!! I want to make sure you receive this important series designed to help you keep your sanity throughout your day and thrive in times of chaos.

The only way to get these is to Opt-in so please be sure to click the link <https://tinyurl.com/spp3bb75>. Helping you every Tuesday at 2:00 p.m.

I've got your back!

Jan Cerasaro, CSEO

Past President San Diego County Escrow Association