



Well-being Amidst the Chaos

Across the globe, we are experiencing a collective sense of loss — the risk to our health, health care systems, physical and emotional connections, and financial security. One of Abacus's [cultural norms](#) is to [practice gratitude](#).

To build the habit of gratitude, especially in times of stress, we have a [daily checklist](#) that helps us with self-care and what matters most.

How Might I Help?

We are a country of volunteers, philanthropists, and advocates. As the many faces of the coronavirus's impact emerge, each of us will find our own way to help. From engaging in [simple and immediate](#) personal acts to [partnering financially](#) with others already serving our communities, together we will move from surviving to, once again, thriving.

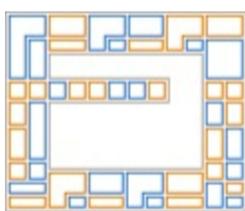


Circle of Life

In December, the Abacus team gathers in a neighboring chapel to celebrate the lives of our clients who died the previous year. We sit in a circle. A team member rings a large handbell. We sit quietly for a moment to reflect. We share stories about the impact each client has had on us, both personally and corporately. Sometimes we cry, sometimes we laugh. Upon our return to the office, we collectively plant a spring bulb in honor of each client. We are grateful to be members of the [circle of life](#).

Monitoring the Economy's Health

To minimize the severity and duration of a recession, our economy needs both monetary and fiscal stimulus. To track the action of the Federal Reserve (which controls monetary policy), we recommend the [St. Louis Federal Reserve](#) and the [Dallas Federal Reserve](#) as ones to watch. To track Federal Legislative actions (which create fiscal stimulus), we recommend [SkoposLabs](#). Swift, coordinated, and thoughtful action by the Federal Reserve and Congress will mitigate the severity of this economic downturn.



Athena's Corner: Investing in the Time of Corona

Taking three depth breaths after reviewing your current portfolio value is good advice. Having comfort in the plan for your portfolio during these uncertain times is even more valuable. In Abacus's webinar, [The Economics of Fear \(and Hope\)](#), we shared our investment strategy during this bear market for global stocks. [Meb Faber](#), whose [podcast](#) focuses on the craft of investing, outlines the plausible rationale for a bull market or a bear market by the end of 2020. Meb's [advice](#) is consistent with the time-tested investment strategies that Abacus is employing on your behalf.