

Recovery Checklist

Overcoming A Perfect Storm: Traumatic Injury, Legal Stress, and Sudden Wealth



A GUIDE TO OVERCOMING & THRIVING

- All three challenges share some common symptoms that can compound each other: anxiety, loss of control, isolation, family conflicts, uncertainty, unknown territory, and more
- Reaching for happiness through spending rather than resolving the underlying fear or pain is common
- Recovering and stabilizing after trauma and stress is critical to long-term financial health
- The below checklist is a collection of knowledge from those in the disability community you may find beneficial as you navigate your journey

CHALLENGES & SYMPTOMS		
TRAUMATIC INJURY	LEGAL STRESS	SUDDEN WEALTH
Shock	Overwhelmed by decisions	Money-related ruminations
Denial	Fear of making mistakes	Ticker shock (market obsession)
Confusion	Sleep problems	Anxiety
Difficulty concentrating	Anxiety	Identity confusion
Anger, irritability, mood swings	Restlessness	Feeling financially invincible
Anxiety and fear	Lack of motivation or focus	Feeling isolated
Guilt, shame, self blame	Irritable or angry	Too generous
Withdrawing from others	Sadness or depression	Guilt
Feeling disconnected or numb	Feeling of loss of control	Paranoid thoughts

SOLUTIONS FOR OVERCOMING:

Traumatic Injury

- Seek multiple medical opinions when needed; complex problems sometimes take additional perspectives
- Work through the 5 Stages of Grief; <https://grief.com/resources/#>
- If possible, get moving; exercise or physical activity are wonderful for the soul
- Don't isolate; engage family and friends for support and joy
- Try self care: yoga, meditation, professional counseling, faith-based resources
- Look for community groups for people facing similar challenges
- Be patient with yourself and your situation; a journal record may provide medical and emotional benefits

Legal Stress

- Seek clear understanding of risks, expectations, and timing
- Avoid controllable stressors
- Realize your limitations on things you cannot control; practice letting go
- Prioritize the important relationships in your life
- Share your feelings with someone trustworthy
- Mindfully strive for a positive attitude; you can shape your own perspective
- Eat healthy, quality foods
- Exercise, activities and nature are helpful
- Disconnect when possible and reset

Sudden Wealth & Building a Successful Financial Future

Consider engaging a qualified financial services company to guide you.

- ❑ Pause - Honeymoon phase, let it soak in (6 months - 1 year).
 - It is great to celebrate, but large purchases rarely create substantial lasting happiness.
 - What can you do that is small but satisfying?
- ❑ Reflect - Build a new life vision
 - What things in life make you happy? How can you re-engage with those passions?
 - What are the core needs in your life?
 - What are the core wants in your life?
 - What are your new associated medical / life costs from your injury?
 - What are the ongoing costs associated with purchases? For example, vehicle, housing, etc.
- ❑ Budget – What can you afford over your lifetime?
 - Build a multi-year or even multi-decade holistic financial plan.
 - Can you commit to living on the expected income from your investments?
 - If not, when will you run out of money? Is that acceptable? How can you reshape your needs vs. wants?
 - What government assistance programs can help you, if any?
- ❑ Privacy - Keep wealth on a "need to know" basis to prevent relationship and family complications.
 - Who needs to know about your settlement? Who doesn't?
 - How will you deal with friends and family who ask for access to your resources? Practice saying no.
- ❑ Education - "Ticker Shock" is real; over-watching your portfolio can cause too much stress.
 - Start learning about normal market behavior and fluctuations.
 - Let your expert advisors work on your behalf; experience and emotional separation is valuable.
- ❑ Protect - Risk mitigation via legal tools and prudent portfolio diversification.
 - Work with your legal team to consider if a Special Needs Trust is the correct legal entity for you.
 - Understand your risk tolerance (preservation strategy) - utilizing bonds, non-market correlated assets, annuities, other alternatives as needed.
 - Consult a disability specialized insurance group and build a plan to protect your assets & medical devices.

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