



Hans Beggren/Getty Images

This image resonated with me. Does it with you? It feels like the world is upside down. Like a snow globe that was shook and we are all navigating while the flakes settle down. I find myself saying “Shouldn’t this be over, already?” referring to the Pandemic and the Social Disruption.

At a time when we feel the pressure to keep spirits up for our teams, clients, families, and friends, keep in mind the “put your mask on first,” no pun intended. Taking a minute for yourself and being mindful, present to appreciate the moment will allow you to re-energize and keep the momentum to push through for yourself and others. I have heard, “To get over it, we must get through it.” As we listen to the news and hear the rumblings of the status of our country, it is important to remember we are part of a resilient community, Independent Agents. I have witnessed the Nevada Independent Insurance Agents and Partners come together to support each other and collaborate on issues to benefit us individually and as an industry. Every day, we do what we do best and that is to protect our insureds. Currently when everyone is experiencing their own level of concern, it may be a bit more challenging. Do not forget, the NIIA and Big I have your back with a variety of resources to help your agency while we leap into 2022. For more details, contact me at susan@niia.org.

Word of the Month:

Mindfulness “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique.” [Benefits of Mindfulness](#)

Respectfully,

Susan Bauman, NIIA Executive Director



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