W

weLsh&associates

Stay connected to the region's top executive search firm.

From the Team

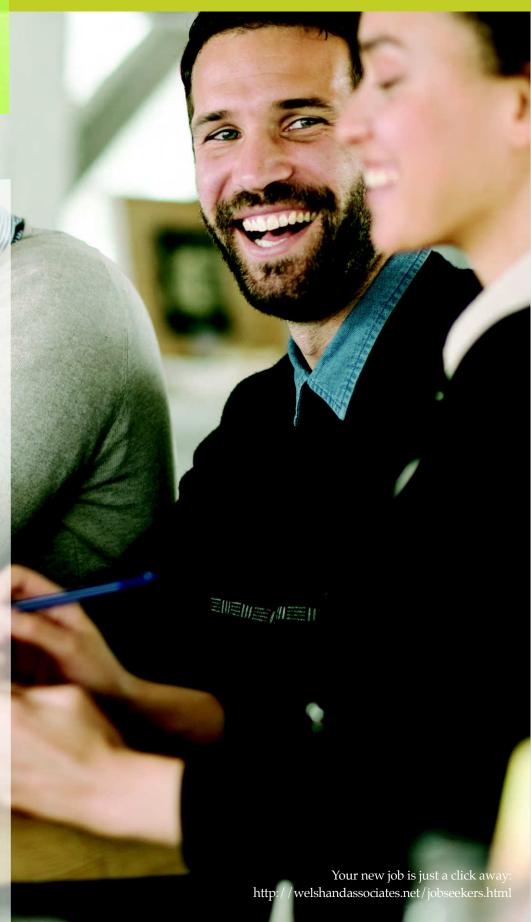
Greetings! We hope you're off to a great 2017! Whether you set resolutions for the New Year or not, it's good to take stock of your accomplishments. Consider what you achieved in the past 12 or 13 months as you plan for the year ahead. There's good news in the planning; research shows that people with goals are 10 times more likely to be successful in their efforts. In other words, wishes and resolutions are not the same. You must have a goal. Be as specific as possible in what you want to achieve. A plan for getting there is even better.

Whether your goals are typical — like losing weight and saving money — or of the bucket-list variety — like scaling a mountain or learning how to scuba dive — we wish you good luck and good fortune. And we offer a few words of wisdom in the following pages.

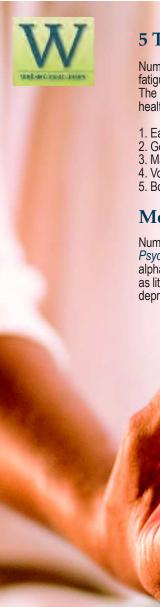
This is usually the time when we talk about your goals for finding a new job. (We're always ready to talk to you about a career move.) For this edition of our first 2017 newsletter, however, we're dedicating it to the care and feeding of you. We hope the information we've provided will help you find balance, healthfulness and even a bit more peace with the work you're already doing. There is always tomorrow to set plans for a next job opportunity. And when you're ready, we're here to help!

The Welsh & Associates Team

NEWSWORTHY







5 Things for Your Body and Mind

Numerous studies have shown that stress and anxiety lead to fatigue, which leads to poor health, which can lead to more stress. The Mayo Clinic recommends five simple steps for maintaining your health equilibrium:

- 1. Eat a healthy diet
- 2. Get enough sleep
- 3. Make time for fun and relaxation
- 4. Volunteer
- 5. Bolster your support system

Meditate

Numerous studies have touted the benefits of meditation. Last June, Psychology Today reported that meditation could affect a person's alpha brain waves — the so-called relaxation brain waves — with as little as a 10-minute session. This activity decreases anxiety and depression Usually meditating means sitting quietly and focusing on your breath. You could silently or out loud repeat a word or phrase. You can also meditate while standing or even walking. The app Headspace offers an introduction to its first 10 meditation sessions free, if you need help getting started. Find it on iTunes or at your Android app stores. Deepak Chopra and Oprah Winfrey have also partnered for a series of online meditation programs. They typically offer four of these free each year. Find them at chopracentermeditation.com.

Arianna Huffington, author of "The Third Metric: Redefining Success Beyond Money and Power" suggests a simple focus on one's breathing as an easy alternative to full-out meditation. It is especially helpful in a moment of stress, when stepping away isn't practical. "You'll find that your respiration (from Latin "spiritus," meaning both breath and soul) allows for inspiration," she writes.

Stay Hydrated My Friend

Do you suffer from frequent headaches? It may be the Michigan weather, or you could be dehydrated. Drinking water should be the first solution you try, health experts say. According to Medicaldaily.com, up to 75% of Americans suffer from chronic dehydration.

Staying hydrated is one of the simplest and most effective ways to nurture yourself.

Hydration regulates your internal temperature, removes metabolic wastes, keeps your joints lubricated and maintains heart and muscle health. So drink up!

www.WelshandAssociates.net





