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IMPORTANT NEWS

The March 'Best of the West Relocation Summit' on March 17, 2010 was a

HUGE success!

Presentations are available for the following speakers:

Deane Foote
Scott Hamilton

Please visit:

www.azrelocationalliance.com

links page for more information.

Please stay tuned for details on our next meeting in **June 2010**

The team is working on securing the date and location which will be announced shortly.

A special **thank you** to the members of the ARA that stepped up and volunteered their time to help by serving on committees!

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Optimum Stress Relief During Times of High Anxiety

APRIL IS STRESS AWARENESS month, and there's plenty to be stressed about in 2010: an unwavering recession, skyrocketing un-employment, a looming foreclosure crisis and, not to be forgotten, April's unremitting tax season. According to the American Psychological Association, about one-third of Americans report experiencing higher than average levels of stress. Because stress is so commonly accepted as a part of life, it often goes unnoticed as the root of many serious problems, including emotional, occupational, psychological, and physical conditions. The variety of physical ailments related to stress are innumerable but can include such severe symptoms as high blood pressure, chronic back pain, a weakened immune system, hypertension, gastrointestinal and skin disorders, and increased risk of stroke, heart attack, and sudden death. It is not uncommon for many people in their early 30's to develop GERD, or Gastroesophageal reflux disease which often gives them the symptoms of a heart attack or Gall Bladder problems. The American Institute of Stress finds reports that 75-90 percent of visits to a primary care physician are related to stress-induced ailments.

Even learning how to avoid stress can seem like a daunting task in itself! However, the key to successfully reducing stress is to realize that you are not doomed with an ill-fated stressful life but that you have things in your life that cause you stress. Once the causes of stress are identified, choose simple management solutions to incorporate into your lifestyle that best work for you. Don't be fooled by quick-fix stress relievers that are constantly being marketed, like expensive gym memberships, drastic cosmetic makeovers, or concoctions of vitamins and pills. The best therapeutic solution is the one you don't have to juggle into your already busy lifestyle or find in a bottle or television advertisement – you are your best resource!

One of the most overlooked solutions to stress is sleep. The U.S. Center for Disease Control and Prevention found that approximately 30% of American adults receive insufficient amounts of sleep on a regular basis. Sleep deprivation causes multiple health problems that include loss of productivity, injury at work, and accidents caused by slow reaction time. Without enough sleep, physical aches and pains can keep you from completing your assignments, concentrating, or making it to your child's school function in time. Make time each night to receive 7-9 hours of healthy sleep.

- Avoid caffeine, nicotine, and alcohol consumption before bed; these products are often sold out as stress-relieving tactics but actually further impair your health by putting you at risk of metabolic deficiency and addiction.
- Eat a full dinner to prevent hunger from creeping up on you in the middle of the night.
- Eliminate sporadic naps throughout your day so your body can fully recharge during one sleep session. You'll feel more energetic and productive throughout the entire day.
- Take advantage of your entire lunch break and enjoy a hearty meal to keep you focused and energized.
- Instead of dining on the lousy selection of fatty, sugary snacks from the office vending machine between meetings, pack a meal beforehand that includes plenty of vitamin C, protein, fiber, calcium, or potassium that replenishes your mind and body and circumvents high sugar intakes that adds to stress.

Remember that 25% of your adult life is spent working; you shouldn't let work become the dominant stressor in your life and risk missing out on more valuable moments. Laughing and winding down with family members have become the dominant stressor in your life and risk missing out on more valuable moments. Laughing and winding down with family members have become the top methods of reducing stress among Americans. Keep a daily balance between socializing with your family and having alone time while at home. Owning a pet also has multiple benefits for a healthy lifestyle: man's best friend can reduce stress, lower blood pressure, decrease depression and feelings of loneliness, and increase exercise habits! Lastly, whether it's with a family member or your furry friend, talking openly about problems directly alleviates mental and physical stress.

Source: Various publications

Social Media is Changing The Way we Communicate

Juggling work, family, and personal commitments can be daunting – but when you add managing change on top life can be overwhelming. Tweet me, or hit me up on Facebook, by the way are you on LinkedIn? Whether you are using the internet and social media to stay in touch with friends, to network with business contacts, or marketing your company you MUST have a presence these days. What is what and where should you be at? Should you have a newsletter, just a profile, should you blog? Decisions....decisions?

Some organizations have tried to ignore the entire existence of social media sighting it as the latest fad that will eventually go away. These organizations are the ones that are now scrambling to get involved. No doubt these are the say companies that snickered at this thing called the World Wide Web back in the 80's. Others have jumped on the band wagon not considering risks and are muddling through where and what to do with social media. And there are a lot of you out there that will not touch social media because it is just too much to deal with. If you are looking to incorporate social media and how to use online networking in your business, please keep in mind some traditional ways to look at a personal or business shift to your online presence:



- Do your research – find out who is where, what they are doing, and the functionality of each system
- Create a business case – why do you want to be on there, what benefit will it bring you, and what should you avoid
- Make the decision collaborative - put together a comprehensive team to consider all of the benefits and risks you are subject to by being on the network
- Proceed with a plan – put a plan in place or a social networking policy to ensure consistency with your message and adherence to company policy

LinkedIn # of users : Over 65 million
Facebook # of users: Over 400 million
Twitter # of users: Over 75 million

Whether your company is just considering social media or is well down the road to becoming social media experts it is important to remain true to your message online, but not get stale. The same message over and over again will leave your followers wanting more and drive them to other online sources to network. If you are already online it is never a bad idea to take a look at your profiles and posting to ensure that your are consistent from one site to another as well. Any change requires a need, research, the decision to proceed, and a plan in order to truly succeed. If you are not online now is the time to move forward because the need is there.



WE NEED YOUR FEEDBACK!!!

The Arizona Relocation Alliance wants to hear from you. Please take a moment to take a quick 5 minute survey and tell us what YOU would like to see from the

Arizona Relocation Alliance
in 2010 and beyond.....

Click the link below to complete the survey
<http://www.surveymonkey.com/s/SBHXLf6>

We appreciate your anonymous feedback!

Did you know?



- Juneau is capital of Alaska, and it is not accessible by road from any other state.
- The game of chess originated from India.
- There is a village in Whales called Llanfairpwllgwyngyllgogerychwyrndrobwlllantysiliogogoch (58 letters) – that's crazy!
- Toilet paper, chopsticks, and the fork were all invented by people of China.
- Monopoly was invented by Charles B. Darrow during the Depression in the 1934 and at first it was rejected by Parker Brothers due to "52 design errors"!
- The great wall of China is not visible from space.

TOP 10 STRESS RELIEVERS

Reducing stress in your life is key to emotional, physical, and mental wellness. These ten tips can help you find ways to reduce your stress level.

Don't just read them.... implement them today!

1. Get restful sleep
2. Eat well
3. Breathe
4. Exercise
5. Say no
6. Laugh
7. Prioritize projects
8. Go outside
9. Talk
10. Live within your budget

Stretch your mind often during your day and you will reduce your stress level.



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