



WELLBEING NEWSLETTER

Reflect & Reset: Leaving Behind and Looking Ahead

by Rachel Druckenmiller

As a new year begins, many of us are reflecting on what happened in 2018 and anticipating what 2019 will bring. While I've never been one for New Year's Resolutions because I can choose to change my life at any point during the year, I do like to use this time to reflect and redirect my focus and intentions.

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Wellbeing Webinar



How Top Workplaces Create Thriving Cultures

Hosted by Rachel Druckenmiller, MS

Wednesday, February 6, 2019 | 2:00 PM CST

What does it take to be recognized as the best place to work and to create a thriving culture that draws in and retains employees? In thriving workplace cultures and at employers of choice, employees feel valued, inspired, and connected to their work and coworkers.

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Does Money Cause You Anxiety? You're



The ONE Thing The Healthiest People We Know



What Deep Breathing Does to Your Body

Not Alone — Here's What To Do

"Money has so many meanings to people. You kind of have to tease out what the meaning is for you," says Feinberg. "Is it safety, security, freedom, control?"

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Do To Detox In January

Instead of restricting your food to a narrow window, we're encouraging you to eat more—more plants, more fiber, more protein.

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For being free and incomparably easy to practice, deep breathing is a pretty miraculous healing exercise: It can reduce anxiety, bring you into the present moment through mindfulness, and even help you remember how to respond to your specific stressors.

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