



**James R. Harvey,**  
**CIMA®, CPWA®**

President  
Opus 111 Group

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between where you  
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**OPUS 111 GROUP**

**Seattle Main Office**

111 Queen Anne Ave. Nqrth,  
Suite 501  
Seattle, WA 98109-4925

Phone 206.283.2345  
Fax 206.301.9747

[info@opus111group.com](mailto:info@opus111group.com)

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*“A healthy  
outside starts  
from the  
inside.”*

- Robert Ulrich

# VALUES - BASED QUALITY OF LIFE™ Newsletter

*Because Making Smart Choices About Your Money Impacts The Quality of Your Life*

*Over the years, we have found that there are elements of your life that are more important than money. These elements - Physical Health, Relationship Health, Inner Health and Career Health - cannot be delegated. We hope that you find these articles to be of value in improving the quality of your life.*

## PHYSICAL HEALTH

### Six Proven Ways Exercise Makes You Look Younger

*By WellSpring School of Allied Health*

Exercise is recommended to everyone because of its general health benefits. Obviously, it helps in weight loss and in building muscles. But these aren't the only benefits you'll get. Exercise can make you look younger. That's right, the fountain of youth is in your local gym. Here's how exercise can help you get that young look we all want to keep.

#### 1. Silky, smooth, glowing skin

A study from McMaster University in Ontario on the effects of exercise on the skin examined adults aged from twenty to eighty. The main goal was to discover if there is a change in the skin and its condition for people who are actively engaged in exercise routines versus people who rarely exercise. It was found that people who are exercising at forty have skin that is as elastic as people in their early thirties. McMaster researchers trace the cause back to, believe or not, sweating. If you exercise regularly, your skin will be cleared from impurities more often, leaving it glowing and healthy.

#### 2. Loosey goosey

Imagine a 90-year-old. They're almost always slumped over, right? Well, a lot of that comes from limited flexibility and spinal support in younger years. Low flexibility in your 20's and 30's could cause some problems later on, the main ones being joint or muscle pain, and an overall hunched-over look. There are certain types of exercises that can help you loosen your muscles and joints, like

yoga or pilates. But you can also increase your flexibility even if you are only into cardio or weightlifting. Just make sure that you are going to start and end with warm-up exercises, and focus on stretching both before and after exercising every single time.

#### 3. Keep the calories burning

Exercise is always connected to calorie burn and transitively, metabolism. The more you run, lift, swim, or stretch, the easier it is to keep your metabolism at a higher rate, even when you're resting. This is the main reason why a lot of people engage in different kinds of exercises. If you keep your body guessing, it's harder for your muscles, stamina, and metabolism to plateau (plateauing is when your fitness progress levels and you don't see further improvements). When you age, your metabolism also gets a bit slower than the normal. This is why you need to schedule regular workouts and try to vary those workouts every two-to-three weeks. It helps you maintain a healthier body and keeps your metabolism at a steady, high rate, which promotes keeping weight off and our bodies looking younger.

#### 4. Slow your cells

We age at the cellular level. At the chromosomal level, actually. At the tips of each chromosome are something called telomeres. Telomeres control a cell's aging process, and as we age these telomeres get shorter and shorter. Longer telomeres are connected to living longer lives, or so

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# RELATIONSHIP HEALTH

## A Sleep Expert Reveals 6 Hacks For Dealing With A Partner Who Wakes You Up At Night

By Suzannah Weiss

Sharing a bed with a partner comes with lots of upsides, like the ability to wake up next to each other and kiss each other goodnight right before you go to sleep. There are less romantic aspects to it as well, though. Being constantly woken up by your partner throughout the night, for one, is a common problem.

"There's a lot of things a partner can do, between movement and sound, that can be disruptive to someone's sleep," W. Christopher Winter, MD, sleep specialist and author of *The Sleep Solution*. Someone with restless leg syndrome, for example, might wake their partners up with kicking, or someone with sleep apnea may wake them up with snoring.

And yet, there's hope. "What I tell people is, whatever your issue is with your partner, there's somebody who's been clever enough to figure out the solution," Dr. Winter says. "Don't give up on your mate too early. There's probably something that can help you stay in the same bed with them."

The solution will depend on the source of the problem you're experiencing, but here are some tricks that can allow you to share a bed with a noisy or restless partner without losing too much sleep – or your mind.

### 1. Get a bigger bed

"The size of the bed is important," Dr. Winter says. "A lot of young couples are trying to sleep on a twin or full bed." If you're able to invest in a king or queen, having that extra distance between you can help stop you from waking each other up.

Winter also knows couples who put two twin beds together so that one person's mattress wouldn't transmit motion to the other's. If getting a new mattress is out of the question, at least try to use two separate blankets.

### 2. Get a different kind of mattress

Equally important is the mattress' material.

"Invest in a mattress that doesn't transmit motion, so if they move around, you're not feeling it in the mattress," Dr. Winter advises.

Memory foam is a good option if you're looking for a material that's less likely to move along with your partner. Pocket coil mattresses are also very sturdy and motion-resistant, he adds.

### 3. Get a white noise machine

If your partner is snoring, sleep-talking, or making other kinds of noise, a white noise machine can help block it out, Dr. Winter

***"Happiness is waking up, looking at the clock and finding that you still have two hours left to sleep."***

*- Charles M. Schulz*

says. White noise machines work by creating a soothing sound for your ears to focus on so that they don't notice other noises.

### 4. Use noise-cancelling headphones

If your partner doesn't like the sound of a white noise machine, you can get headphones that play white noise directly into your ears. Bose and Kokoon make ear buds specific for sleep, and SleepPhones makes a headband with built-in white noise so that it's comfortable to wear to bed. You can also just go with good old-fashioned ear plugs.

### 5. See a doctor

"If you feel like you're down to the place where you have to sleep separately and you really don't want to, that would be time to get some sleep help," Dr. Winter says.

A sleep specialist can help your partner figure out if they're suffering from something like

sleep apnea, restless leg syndrome, periodic limb movement disorder, or myoclonus and treat it appropriately. They may also be able to help you get into a deep sleep so you have an easier time sleeping through their disruptions.

### 6. Sleep separately

If making sleeping in the same bed seems like more effort than it's worth, you can just sleep in separate beds. If you still want to be near each other at night, you could even put two separate beds in the same room.

There's a lot of stigma around couples sleeping separately, but it doesn't have to distance you from each other. It could actually improve your relationship, since you won't be depriving each other of sleep.

Even if you feel like you've tried everything, though, there's probably still more you can try. Don't give up, as better days (and nights) are ahead of you.

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***"I love to sleep. Do you? Isn't it great? It really is the best of both worlds. You get to be alive and unconscious."***

*- Rita Rudner*

***"No wonder Sleeping Beauty looked so good...she took long naps, never got old, and didn't have to do anything but snore to get her Prince Charming."***

*- Olive Green*

# INNER HEALTH

## The Positive Effects of Happiness On Your Mind

By Memories And Mayhem

Happiness is a subjective thing and will mean something different to everyone. The dictionary definition of happiness is "the state of being happy" which doesn't really tell us anything. What we do know is that there are positive effects of happiness on our mind and body.

You may not experience all of these feelings at once, in fact you may not feel some of them at all. But when you are feeling happy it is likely that you will experience some of these positive thoughts.

**What are the positive effects of happiness on the mind?**

**You feel fulfilled**

Quite often the easiest way for us to feel happy is when we have everything we need. This doesn't mean that you have absolutely everything in the world that you desire, but what you need most right at the moment you have. This could mean that you are hungry but have a delicious meal in front of you, or, you are exhausted and have a warm bed to climb into. That feeling of meeting your need will make you feel fulfilled, which will lead to a feeling of happiness.

**You feel satisfied**

Happiness brings a feeling of satisfaction. Because you are feeling happy you are able to view your life positively and be grateful for what you have. That feeling of gratitude and satisfaction stops you from thinking about any negatives in your life and instead it enables you to find even more positive things. Our thoughts attract more of the same thoughts, so feeling satisfied brings us more feelings of satisfaction.

**You feel content**

The feelings of fulfillment and satisfaction lead to a feeling of contentment. This is another of the positive effects of happiness on your mind. A happy person tends to feel really content about their life. Feeling content means that they are less likely to feel stressed, even though they may have stressful times to deal with. They are able to cope with a stressful situation better because their mind is settled and able to think more clearly. Being happy doesn't mean you no longer have stress in your life, but happy people are better at feeling content even when things aren't perfect.

**You feel peaceful**

Happy people generally feel peaceful because they know that they have everything they need and that they can handle anything bad. They tend to trust that everything will turn out okay and are good at turning any negatives into positives.

**Does happiness feel the same for everyone?**

Happiness is a very personal feeling. We all have different triggers that make us feel happy or sad. Our life and circumstances can play a huge role in how we feel and how much happiness can have a positive effect on our mind.

**Your definition**

Your definition of happiness may be very different to the person sitting next to you. What

***"Happiness is a state of mind. It's just according to the way you look at things."***

***- Walt Disney***

you want in life and whether you get that is what will make you feel happy or not. For some that may be the perfect house, or finding their soulmate or for others it may be as simple as having food on the table. It's totally up to you and how you define what happiness means to you.

**It's a journey**

You've heard the saying "it's the journey, not the destination, that matters" and when it comes to happiness it couldn't be more true. Because you will never reach the end of that journey. While something may happen to bring you happiness for a while, you will eventually start to think of something new that you want or need and so your happiness journey continues. If you don't find happiness in each new thing that comes your way but choose to focus on what you don't have, you will never experience happiness.

**It's how you act**

The positive effects of happiness on your mind shine through everything you do. When you are feeling happy you act happy. You are more likely to eat healthily, move your body and think more positively. All of these actions will come full circle and make you feel happy for doing them!

**Final thoughts on the positive effects of happiness on the mind**

The positive effects of happiness on the mind are so much more than simply thinking positive thoughts. It's about knowing that your needs are met, even if you don't have everything, and feeling satisfied with what you do have. Happiness is about working towards what you want, while being grateful for what you already have, and not comparing yourself to others in a negative light. Truly feeling happy is looking at your life and feeling content.

In order to feel fulfilled and content you need to know what it is that you want in life. Without knowing what it is you want you will never be able to achieve that feeling. Spend some time thinking carefully about what your goals are and write them down, so you know what it is that you need in order to feel happy.

It may be that you want a new career, so you need to apply for jobs in your chosen field. Or maybe you would like to own a designer handbag, in which case you need to work out how you can afford to purchase one. So you might set yourself a budget that allows you to save money to put towards your dream bag.

Once you know what you are working towards, those feelings of fulfillment and contentment will come flooding through when you reach that goal.

It takes time to teach yourself how to feel happy, so don't expect to be overwhelmed with these feelings straight away. Instead start slowly by thinking about what you have and being grateful for it and then work towards what you want next.

Everyone is entitled to feel happy and experience the positive effects of happiness, so what are you waiting for? Start looking for your happy moments today!

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# CAREER HEALTH

## How to Be Confident in an Interview!

By Hensel Frank

It is common among candidates to be nervous about their interview. Candidates want to create a good impression but they may end up putting themselves under too much pressure. Believe it or not, recruiters and employers can also be nervous at times, and thinking about this is a good way to release that pressure.

Making that interview count is the key to increasing your chances of getting hired. It is important to practice the way you communicate confidence and professionalism, as this can improve your performance in the room as well as calm your nerves. Here are a few ways to help you be confident for your interview -

- **Maintain eye contact** - It is important to maintain eye contact while listening and speaking. You don't show confidence if you're staring down or to the side when you talk and it is very noticeable. Also, maintaining eye contact may be considered as a sign of disrespect in some cultures so do take that into account.
- **Notice your body language** - Your body language speaks a lot more than you think. Stand and sit in open positions - arms by your sides, not crossed. Practice the "power stance" and you will feel and look confident.
- **Avoid fidgeting** - Most people aren't aware of their own nervous tendencies. Fidgeting with a pen or paper and tapping your hand or feet are signs of nervousness. You may ask your friend or family member to point them out to you if you are not aware of it.
- **Dress for success** - Choose your best outfit for an interview. When you look good, you feel good. An outfit that makes you feel and look good will naturally give you that confidence boost.
- **Practice smiling** - A smile is a sign of confidence. Practice smiling whenever

you can while holding relaxed and calm expressions. Being somber may give the appearance of being uninterested in the position.

- **Listen before you speak** - Always listen to what the interviewer says and speak only when they finish their sentence. This will also help you to respond appropriately. In an attempt to impress the interviewer, candidates often blurt out their answers before the question has been completely asked.
- **Do your research** - Learn about the company, its products, and services, the role, responsibilities, etc. Practice interview questions as well. Hold mock interviews with a friend, if possible. Having enough knowledge will surely increase your confidence.
- **Ask questions** - Write down a list of questions that you would like to ask the interviewer. Besides showing confidence, asking questions also shows that you are attentive, interested, and keen on learning.

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*"When you have confidence, you can have a lot of fun. And when you have fun, you can do amazing things."*

- Joe Namath

## Six Proven Ways Exercise Makes You...

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the research suggests. Studies from the University of California San Francisco have found a link between regular exercise and the rate at which telomeres slow. The more you exercise on a regular basis, the longer it takes for telomeres to slow, and the longer your cells will live. You'll not only feel younger, you'll be physically younger - literally!

### 5. Less stress

Exercise is a wonderful distraction from our stressful lives. Hiking, running, playing sports and other engaging activities are a great break from our day-to-day grinds. But the reason we actually feel great after exercising - and even better when we exercise on a regular schedule - is chemical. When we exercise, endorphins are released in our brains that reduce stress and make us more even-keeled. And we all know how stress and anxiety play a part in how we feel, both physically and mentally. Extended periods of high stress can have dramatic effects on our bodies' functionality, including putting physical stress on our bodies that increases the negative effects of aging. So, exercise more, stress less, look and feel younger.

### 6. Posture counts

Some people complain of posture problems, and it's something that is inevitable as we age. Muscle loss and bone density are to blame, but there isn't much to be done about either. What we can do is work on our posture in our younger/mid-life years and, of course, exercise. Strength training helps build our muscles to support our skeletons, particularly our spines, which keeps us taller for longer. There are also some interesting correlations between our psychological state and posture, and since we know exercise makes us mentally and emotionally feel better, it stands to reason that it helps our posture on the psychological level as well.

Exercise really can help you stay young both physically and mentally. But if you want to make it work for you, a change in diet is essential. Drink more water. Watch what you put into your body. Be mindful of how you go about your day in relation to how your body functions. A total change in lifestyle can help you become healthier - and, in a sense, younger.

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