

Across the World: What's their Story?

The editorial team scoured the web and came up with a list of Speech-Language and Hearing Associations across the globe and their year of inception. The list is not exhaustive; WE is sure there are many more associations out there. But do check out our counterparts' websites to learn more (in association's age order, as of year 2011):



- ◆ American Speech-Language-Hearing Association (ASHA)
Year of Inception: 1925 (86 years old!)
Website: www.asha.org
- ◆ Canadian Association of Speech-Language Pathologists & Audiologists (CASLPA)
Year of Inception: 1964 (47 years old)
Website: www.caslpa.ca
- ◆ Indian Speech & Hearing Association (ISHA)
Year of Inception: 1967 (44 years old)
Website: www.ishaindia.org.in
- ◆ Speech-Language-Hearing Association, Taiwan (SLH-ROC)
Year of Inception: 1986 (25 years old) (as the association's logo implies)
Website: www.slh.org.tw (be warned, everything is in Taiwanese!)
- ◆ The Korean Academy of Speech-Language Pathology and Audiology
Year of Inception: 1986 (25 years old) (as the website implies)
Website: www.kasal986.or.kr (be warned, everything is in Korean!)
- ◆ Speech-Language & Hearing Association Singapore (SHAS)
Year of Inception: 1994 (17 years old)
Website: www.shas.org.sg
- ◆ Malaysian Association of Speech-Language and Hearing (MASH)
Year of Inception: 1995 (16 years old!)
Website: www.mash.org.my
- ◆ Japanese Association of Speech-Language-Hearing Therapists (JAS)
Year of Inception: 2000 (11 years old)
Website: www.jaslht.or.jp
- ◆ Speech & Hearing Association of Pakistan (SHAP)
Year of Inception: 2002 (9 years old)
Website: www.shap.org.pk
- ◆ South African Speech-Language-Hearing Association (SASLHA)
Year of Inception: not stated on the website
Website: www.saslha.co.za

Light & Easy: 10 Ways to be Happier and Healthier at Work

Here are 5 of the 10 strategies you can put into practice tomorrow that will make an enormous difference in the way you feel about your job and being there.

1. Stand up to your office chair.

It's great that you have the newest ergonomic chair. But if you sit in it all day, you'll reduce the amount of fat-burning enzyme called lipoprotein lipase by a whopping 94%. To keep this enzyme active and burning fat requires only 30 minutes a day of standing up to read, to talk on the phone, or to consult with a co-worker.

2. Embrace the power of repetition.

If you struggle with boredom from doing the same activities over and over at work, here's a trick that helps top athletes train every day for hours at a time. Embrace the repetition. Start to see chipping away at the same tasks day after day as powerful ways to reach your financial and professional goals. This is similar to the way our ancestors could plant an entire hillside with corn by hand, one kernel at a time, year after year.

3. Brush away impatience and frustration.

When you're impatient with a task that's taking too long, or frustrated with a complication such as a technology glitch, here's a simple way to quickly reset your workplace mood. Think of whatever you are doing at that moment -- say, consulting the user's guide for your computer -- as your top priority instead of the means to an end.

4. Change your routine to prevent monotony.

Like the idea of cross training for athletes, workers can stay mentally fit by mixing up the routine. If you work 9-5, try working 8-4. If you always check your email first thing, do something else for the first hour. Rearrange your office. Try making calls instead of emailing.

5. Stop procrastinating for 5 minutes.

Do you put off working on large projects or tasks as the deadline gets closer, and then eat yourself up with worry at night obsessing about them? Try this. Commit to working on it for just 5 minutes. That's it. Once you start, you might find it's not that bad. But even if it is, it will be easier to complete if you've been chipping away at it for 5 minutes a day.

The remaining 5 strategies to be shared in the next issue.

Source: Secunda, B. & Allen, M. (2010). 10 Ways to be Happier and Healthier at Work. *Fit Soul, Fit Body*. BenBella Books.

If one dream should fall and break into a thousand pieces, never be afraid to pick one of those pieces up and begin again. -Flavia Weedn