

Wellness Pointers

Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

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Emotional Wellness

The part can never be well
unless the whole is well.

~Plato



A MESSAGE FROM DR. BIETZ

I enjoyed seeing the great turnout and the striking enthusiasm shown by the participants in the Annual Wellness Assessment. This event saves both lives and quality of life in addition to lowering the cost of our health care program. I also learn things about my own health status, and while I have much to be thankful for in that regard, I am able to make decisions to preserve and improve the good health I have. For example, I now know not to take vitamins with iron.

As I have taken on an extra responsibility as interim pastor of the Collegedale church I have made a commitment to two very important things. I will religiously continue my regular exercise routine and I will continue to get eight hours of sleep. I personally find that extra work requires extra focus on these two vital aspects of a balanced life.

Ellen White speaks a word about being careful to live a balanced life.

“Our God is ever merciful, full of compassion, and reasonable in all His requirements. He does not require that we shall pursue a course of action that will result in the loss of our health or the enfeeblement of our powers of mind. He would not have us work under a pressure and strain until exhaustion follows, and prostration of the nerves. The Lord has given us reason, and He expects that we shall exercise reason, and act in harmony with the laws of life implanted within us, obeying them that we may have a well-balanced organization. Day follows day, and each day brings its responsibilities and duties, but the work of tomorrow must not be crowded into today. The workers in the cause of God should feel how sacred is its character, and they should prepare themselves for tomorrow’s work by a judicious employment of their powers today.”--Review and Herald, Nov. 7, 1893.

In Christian Love,
Gordon





Top 10 Reasons to Take the Stairs

1. It's a Free Workout!
2. Burns TEN TIMES more calories than taking the elevator. Stair Climbing requires about 8-11 kcal of energy per minute. Even 2 flights of stairs climbed per day can lead to a 5.94lb. weight loss over one year.
3. It Can Be Faster than Taking the Elevator!
4. Improves your Heart Health. Physical activity can increase the amount of "good cholesterol" in the blood – (HDL concentrations).
5. Reduces the risk of Osteoporosis. There is a strong association between exercise and increased bone density, especially in postmenopausal women.
6. Helps You to Breathe Better. Be more FIT and have a high aerobic capacity.
7. Lowers your mortality risk. A significantly lower risk of mortality is indicated in studies where participants climbed more than 55 flights per week.
8. Boosts your confidence.
9. Increases leg power and reduces the risk of injury.
10. Relieves stress and tension.

(THE WELL WORKPLACE HEALTHLETTER September 2010, p. 1)

A 15-minute wait that kills cravings

If you eat when you're anxious, depressed, or stressed, you may be using food for comfort, not nutrition. So what can you do to stop stuffing down your feelings with food?

- Wait 15 minutes. Most cravings not associated with real hunger pass quickly.
- Use a food diary to keep track of what you eat, when you eat, and how you're feeling, especially if you overeat or binge on snack foods and sweets.
- Drink a glass of water. You may be thirsty, not hungry.
- Turn to something else that soothes you. Call a friend, walk the dog, listen to music, work on a hobby.
- Consistently eat healthy meals and snacks. Avoid going more than four hours without eating to keep your blood sugar from dropping so low that you feel out of control.

(HOPE HEALTH LETTER Vol. 30, No. 9, September 2010, p. 8)



MEET THE EDITOR

My name is Holly Hargus and I am a Senior. My majors are Corporate/Community Wellness Management and International Studies-Italian.

I am the new Employee Wellness Intern and as such I am also the new Wellness Pointers editor. It is my hope, therefore, that the information communicated to you through this publication will be useful for introducing either entirely new ideas or new approaches to previously understood concepts of total wellness.

You may also be pleased to know that your input is welcomed and valued. So, feel free to send your comments and suggestions to me so that I might learn how to fully serve you.

Upcoming Events:
Oct. 2 Ocoee Outing
Nov. 20 Lural Brook Outing
Mark your calendars!

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