

# Wellness Pointers

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

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## Occupational Wellness



photo from <http://www.abwe.org/news/article/gods-supply-for-gods-work/>

The discovery of God lies in the daily and the ordinary, not in the spectacular and the heroic. If we cannot find God in the routines of home and shop, then we will not find Him at all.

- Richard J. Foster -

# Instant Rewards

“Restrain your voice from weeping and your eyes from tears,  
for your work will be rewarded,” declares the Lord.  
Jeremiah 31:16

Jeremiah always said exactly what he was told to say. He wasn't noted for being diplomatic or worrying about what others would think of his blunt words. In this case, he was saying, “Stop whining and get back to work. You'll get your reward eventually.”

But eventually doesn't pay this month's rent, and we get impatient waiting for our rewards. We can have instant hamburgers, instant communication, instant friends.

Why not instant rewards?



photo from <http://www.alwaysroomtoimprove.com/tag/incentives/>

Jeremiah understood a lot about work, too.

Nobody likes a crybaby employee who constantly complains about his work and its unfulfilling poverty wage. Those who go about their work cheerfully are much more likely to make a good impression and reap some rewards. Which type of worker would you prefer if you were the boss?

Which type are you?

Father, help me be a cheerful worker who can patiently wait for my reward.  
Keep me pleasant to be near, not a complainer.

# How to enjoy work by thinking differently

**Re-label your work.** Research shows that activities we label as ‘work’, are naturally less pleasurable than ‘play’. Blur the work life boundaries, there is little difference between a challenging meeting and an argument over dinner.

**Seek out happiness.** Don’t wait for the interesting projects to come to you, they won’t. If the CEO’s new initiative gets your adrenalin pumping be clear on how you can contribute and volunteer. Put yourself in the fast lane if that’s where you want to be.

**Find the purpose.** Who gains from the work you do? How are you improving people’s lives? From the product your organisation is creating and the customers you are supporting, through to the team you are leading and developing, relish the impact you have.

**Stretch yourself.** Pleasure alone does not make us happy, we also need challenge. This is why, surprising as it may seem, we are three times more likely to find happiness at work. Set yourself an ambitious goal that will push you to new levels.

**Build the people around you.** Get good at delegating in a way that builds their skills, they will love you for it and you’ll be admired by others. It also means you can spend more time doing what you enjoy.

**Praise people.** It is infectious and will raise the mood of everyone around you.

**Appreciate the good things.** Give as much attention to the positive – strengths, achievements and qualities as you do to the problems, challenges and mistakes.

**Think back.** “Experience is a good teacher but she sends mighty bills,” said US writer Minna Antrim. Good, bad or indifferent we can always learn something. Write down everything you achieved at work last year, however small. Then reflect on what you learnt from the things that didn’t go according to plan.

**Stick to your focus.** Decide where you want your achievements to be, plan how you are going to make it happen with clear timings and get going.

## FUNGUS AMONG US

## Protect yourself from skin infections

Always wear sandals or thongs when you shower or walk around in health clubs, gyms, spas, or swimming pools. People with skin infections can spread germs that cause athlete's foot and other viral or bacterial infections.

Before you use gym equipment, wipe it down with a towel. (Courteous gym users wipe equipment down after they use it, too.)

If a facility doesn't look clean -- don't exercise there.

from Hope Health Letter, Vol. 27, No. 1, January 2007, p. 3

If you love life, don't waste time,  
for time is what life is made up of.

Bruce Lee

It has been my observation that  
most people get ahead during  
the time that others waste.

Henry Ford

Nothing is a waste of time if  
you use the experience wisely.

Auguste Rodin

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# EGG AND VEGETABLE SALAD WRAPS



## Ingredients needed:

- 4 hard cooked eggs, chopped
- 1 cup chopped cucumber
- 1 cup chopped zucchini or yellow summer squash
- 1/2 cup chopped red onion
- 1/2 cup shredded carrot
- 1/4 cup mayonnaise or salad dressing
- 1 tablespoons Dijon-style mustard
- 1 tablespoon milk
- 1 teaspoon snipped fresh tarragon or basil
- 1/8 teaspoon paprika
- 6 leaf lettuce leaves
- 6 10-inch plain flour tortillas
- 2 plum tomatoes thinly sliced

## Cooking method:

- 1.In a large bowl, combine the eggs, cucumber, zucchini or yellow summer squash, red onion and carrot.
- 2.For dressing, in a small bowl stir together the mayonnaise, mustard, milk, tarragon and paprika.
- 3.Pour the dressing over the egg mixture and toss gently to coat.
- 4.For each wrap, place a lettuce leaf on a tortilla. Place 3 or 4 tomato slices on top of the lettuce on each tortilla, slightly off center.
- 5.Spoon about 2/3 cup of the egg mixture on top of the tomato slices.
- 6.Fold in 2 opposite sides of the tortilla, roll up from the bottom.
- 7.To serve, cut each tortilla roll in half diagonally.

recipe and photo from <http://www.easymealrecipes.net/egg-vegetable-salad-wraps>

## Special Note:

## Heart Healthy Menu

February 14

Valentine's Day

Cafeteria Special

All 3 Meals

## OFFICE ETIQUETTE DIAL IT DOWN



from Google image search

Loud talking by other employees was ranked among the biggest “pet peeves” in a survey of business workers.

Other behaviors that can distract co-workers followed in this order: personal cell phones ringing, using the speaker phone in public places, and using personal digital assistants (PDAs) in meetings.

Results of the same survey found that 91% of employed adults think that profanity is not acceptable at work.

from Hope Health Letter, Vol. 27, No. 1, January 2007, p. 8

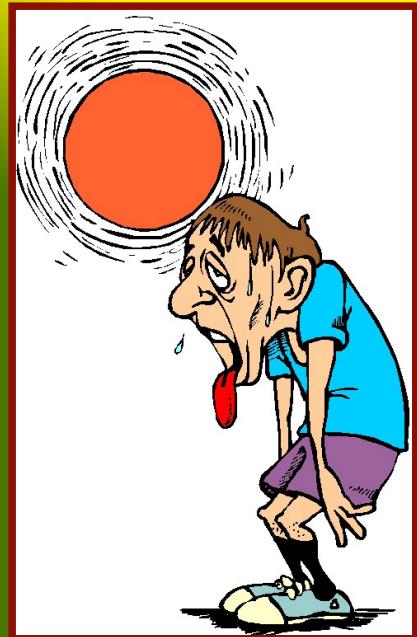
# SWEAT

Sweat has no odor itself, but when it is combined with naturally occurring bacteria on the body, it's time to take a shower and break out the deodorant.

Sweat is made up of much more than water. It includes ammonia, calcium, iodine, iron, potassium, and sodium, along with several other minerals.

Sodium and phosphorus are in the highest concentrations, which is why sweat stings the eyes and tastes salty.

from Hope Health Letter, Vol. 27, No. 1, January 2007, p. 5



from Google image search