

# Wellness Pointers

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

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## Mental Wellness



image from <http://www.biologycorner.com/anatomy/chap9.html>

“It’s not that I’m so smart, it’s just that I stay with problems longer” - Albert Einstein



EMPLOYEE WELLNESS  
Southern Adventist University

# Do It Yourself

*“...Bringing every thought into captivity to the obedience of Christ...” (2 Corinthians 10:5).*

Determinedly Discipline Other Things. This is another difficult aspect of the strenuous nature of sainthood. Paul said, according to the Moffatt translation of this verse, “... I take every project prisoner to make it obey Christ....” So much Christian work today has never been disciplined, but has simply come into being by impulse! In our Lord’s life every project was disciplined to the will of His Father. There was never the slightest tendency to follow the impulse of His own will as distinct from His Father’s will -- “the Son can do nothing of Himself...” (John 5:19). Then compare this with what we do -- we take “every thought” or project that comes to us by impulse and jump into action immediately, instead of imprisoning and disciplining ourselves to obey Christ.

Practical work for Christians is greatly overemphasized today, and the saints who are “bringing every thought [and project] into captivity” are criticized and told that they are not determined, and that they lack zeal for God or zeal for the souls of others. But true determination and zeal are found in obeying God, not in the inclination to serve Him that arises from our own undisciplined human nature. It is inconceivable, but true nevertheless, that saints are not “bringing every thought [and project] into captivity,” but are simply doing work for God that has been instigated by their own human nature, and has not been made spiritual through determined discipline.

We have a tendency to forget that a person is not only committed to Jesus Christ for salvation, but is also committed, responsible, and accountable to Jesus Christ’s view of God, the world, and of sin and the devil. This means that each person must recognize the responsibility to “be transformed by the renewing of [his] mind....” (Romans 12:2).

# Friends, Friends, Friends: What it Could Mean if you Have a Big Amygdala

**A new study has found a correlation between amygdala size and the number of social relationships a person has. The amygdala is very connected to everything in the brain. Once thought as the “fear” center, it has also been discovered that it is very important for emotions, facial recognition and now social interaction. Scientists are excited about the possibilities that these new findings have opened, as it may help with the treatment of patients diagnosed with social disorders. Research has already found that autistic patients tend to have smaller amygdalae, however this information does not determine if patients are born this way or if the lack of social interaction causes the amygdala to shrink.**

**In the 58 patients (ages ranging from 19-83) who participated the correlation was moderate, however the information gathered did not relate amygdala size and the quality of relationships.**

**Previous researchers have thought that because the amygdala works as a recognition center, the bigger amygdala a person has the better capacity in doing this, thus making social situations easier because of the efficiency of the mechanism. However, it is very hard to determine a cause and effect in this situation, as in many, because there are so many factors that may determine how comfortable a person is socializing. Hopefully this information will generate more research regarding human social networking, answering some of these questions in the near future.**

## Foods That Fight Sickness

Chamomile, according to researchers from London's Imperial College, is the one [tea] that'll help prevent sickness. In a recent study, they found people who drank five cups of the brew a day for 2 weeks had increased blood levels of plant-based compounds called polyphenols, some of which have been associated with increased antibacterial activity. Levels remained high for 2 weeks after subjects stopped drinking the tea, says lead researcher Elaine Holmes, Ph.D. (Bonus: chamomile tea also raised levels of glycine, a mild nerve relaxant and sedative.)

Whey is rich in an amino acid called cysteine, which converts to glutathione in the body. Glutathione is a potent antioxidant that fortifies cells against bacterial or viral infection. For the highest concentration of protein, try something called powdered whey protein isolate, which is more pure—and more expensive—than concentrate. Fortify your morning smoothie with whey protein powder or try another source: yogurt. The clear liquid that forms on top of most cartons of yogurt is pure whey protein—so don't drain it off, just stir it back into the yogurt.

Losing a little extra baggage will not only reduce your risk of cardiovascular disease and diabetes, but also will help shape up your immune system. Researchers at Tufts University asked a group of slightly overweight people to cut 100 to 200 calories from their daily food intake. The result, in addition to weight loss and a drop in cholesterol counts? Participants boosted their immune system response to disease-causing microorganisms. Researchers aren't exactly sure why, but speculate that the benefit comes from a combination of effects. One thing is certain: Cutting 200 calories out of your daily diet is easy. At your next restaurant meal, ditch the baked potato with sour cream and order steamed vegetables instead.

adapted from <http://health.msn.com/health-topics/allergies/articlepage.aspx?cp-documentid=100269942&gt1=31022>

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# Coconut-Crusted Tofu with Peach-Lemongrass Salsa

The crunchy-crisp tofu and our spicy-sweet salsa are inspired by that restaurant-chain classic, deep-fried coconut shrimp. Stir fresh cilantro into basmati rice and serve alongside. Try sliced bananas drizzled with “lite” coconut milk for dessert.



## Ingredients

- 3 medium peaches, peeled, pitted and diced
- 1-2 jalapeños, preferably red, seeded and minced
- 1 2-inch piece fresh lemongrass, minced, or 1 teaspoon dried
- 1 tablespoon chopped fresh basil
- 1 tablespoon brown sugar
- 1 tablespoon rice-wine vinegar
- 3/4 teaspoon salt, divided
- 1/3 cup unsweetened flaked coconut
- 2 tablespoons flour
- 2 tablespoons cornstarch
- 1 14-ounce package extra-firm water-packed tofu, drained
- 2 tablespoons canola oil, divided

## Preparation

1. Preheat oven to 400°F. Set a wire rack on a large baking sheet.
2. Combine peaches, jalapeños, lemongrass, basil, brown sugar, vinegar and 1/4 teaspoon salt in a medium bowl; toss to combine.
3. Mix coconut, flour and cornstarch in a shallow dish. Cut the block of tofu lengthwise into 8 thin steaks. Pat the tofu slices dry with a paper towel, sprinkle with remaining 1/2 teaspoon salt, then press both sides of each tofu steak into coconut mixture.
4. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add 4 tofu steaks and cook until golden brown, about 2 minutes per side, adjusting heat as necessary to prevent scorching. Transfer the tofu steaks to the rack-lined baking sheet and place in oven to keep warm. Heat remaining 1 tablespoon oil in skillet over medium-high heat; cook the remaining tofu steaks until golden brown, about 2 minutes per side. Serve the tofu with peach salsa.



# WHEN SOMEONE HAS A SERIOUS ILLNESS

When a family member or close friend has a serious illness, the most important thing you can do is make them feel truly cared about. The way you and other people interact with the person may be what matters most.

Avoid family secrets. Be open and direct, and tell all family members about the illness, even children. If children aren't told what's happening, their anxiety can increase and they may even feel they are the cause of the problem. The joy and laughter of children can also be a great comfort to the person with the illness.

Everybody under the sun doesn't need to know, so choose carefully when you decide to tell other people. Think about whether or not sharing the information will give you a sense of more support and strengthen the relationship -- with some people, it may cause a strain.

Be clear about how people can help. Ask for and accept offers to drive a carpool, fix a meal, take the person to the doctor, or help with other errands.

Learn as much as possible about the illness and be there when they need a shoulder to cry on.



<http://latestbusinessupdates.com/tag/critical-illness>