

# Wellness Pointers

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

Volume 22 Issue 7

December 3, 2010

## Social Wellness



<http://brandstrategy.wordpress.com/2008/09/25/what-are-we-going-to-do-tomorrow-google/>

*“To the world you may be just one person, but to one person you may be the world.” ~Brandi Snyder*

# *Choosing Friends With Care*

---

A righteous man is cautious in friendship.

Proverbs 12:26

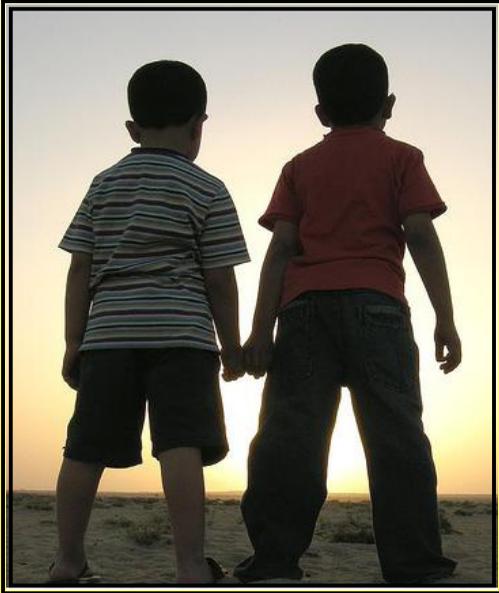


photo courtesy of <http://carethings.blogspot.com/>

We need friends at all stages of our lives, but especially when we're young and still trying to figure life out. Friends give us other viewpoints to consider. When we share experiences, we can save ourselves a great deal of time by avoiding some of our friends mistakes. We trust friends, often more than we trust our parents, because we have more in common with them.

Which is exactly why we need to be cautious in choosing our friends. Sometimes they betray us. Sometimes we discover they're not going in the direction we want to go, and it's hard to break up a friendship when we make this discovery.

Friendships also change as they mature, and sometimes these changes will hurt. Friends grow apart and then reconnect as time goes by, in a sort of cyclical flow -- acquaintance, friend, acquaintance, friend again. A good friendship can tolerate these changes and grow stronger with each fluctuation. Choose your friends cautiously, and when you find a good one, hang onto him or her throughout your life.

*Father, help me choose my friends with care and treasure those who stick by me through all life's ups and downs.*

# CONFOUNDING CONFLICT

---

## TIPS FOR RESOLVING CONFLICT WITH CO-WORKERS

Conflict in the workplace is inevitable. We all come from different backgrounds, cultures, generations, and have different beliefs and values. This is what makes our lives interesting and relationships unique. Unfortunately, these differences also bring about conflict. We sometimes have to work with people who do not share our values and beliefs and who we do not really like. We still can find ways to work with them and have a work relationship with them. Conflict resolution is an important skill to learn at the workplace to enable you to build strong relationships that won't be negatively affected when your ideas clash. Here are some steps to resolving conflict peacefully.

---

Often our emotions can overcome us and we can allow ourselves to blow situations out of proportion. Be sure to take a couple of seconds and allow yourself to calm down and relax. Remember how your mother always counted to 10 to calm herself down when you misbehaved as a child? She had the right idea!

Find the right time to discuss the conflict with the other person. Be sure it is not right before a meeting, or when they are expecting a phone call or at the end of the day when they are late to pick up their children. Make sure you talk in a place that is neutral and not anyone's "turf."

Define what the area of conflict is in the most clear, concise words as possible. Be sure to address who, what, when, where, and why and be specific when answering these questions.

Start sentences with "I," not "you."

Be sure to not only describe your thoughts and feelings, but what the changes you desire are.

Focus on the conflict or the behavior, not the person.

Try to make the conflict an issue that is to be solved together so it is a win-win situation instead of a win-lose one.

---

Be sure you don't just listen to yourself talk, listen to the other person, especially their feelings.

Try to imagine how the other person feels and what their perspective is.

After talking about what the problem is, reestablish how you see the problem and be sure to include any changes in the way you feel after hearing their side.

List alternative solutions.

Be respectful of their ideas.

Decide what the consequences are to each solution.

Choose a solution you both can live with and understand fully.

Make sure it is a win-win solution for both of you.

Make a commitment to follow through on the solution.

Decide on a way to verify that the solution is working for both of you.

Be willing to adjust the solution if necessary in the future.

---

Learning good conflict resolution is not always easy. It is a skill to be worked on constantly. Being able to resolve conflict at work or at home is something that will pay off and make your life less stressful.

## Are Your Friendships Healthy?

**Respect** - Everyone has different opinions about different issues. Appreciating your friends' differences will strengthen your relationship.

**Trustworthiness** - Be honest with yourself as well as with your friends.

**Devotion** - Become connected emotionally and intellectually with your friends through communication.

**Consideration for Others** - Go out of your way to make your friends feel special.

**Dependability** - Be there for your friends because they will be there for you.

**Inspiration** - Your friends inspire you to try new things, be a better person, and challenge you.

from The Well Workplace Vol. 9, No. 2, April 2007 p. 1

## Southern Adventist University Employee Wellness

### Committee:

Phil Garver, Director

Jeff Erhard

Clarice Esquilla

Leslie Evenson

Betty Garver

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Wellness Intern/ Wellness Pointers Editor

Holly Hargus

Employee Physician

Dennis Thompson, DO  
welldr32@live.com

Please send comments/suggestions to:  
[wellness@southern.edu](mailto:wellness@southern.edu)

# Olive Paste

1 2oz. can medium black olives (pitted)  
1/4 tsp garlic powder  
1 tsp olive oil

Blend all ingredients well until mixture resembles paste. Enjoy as a dip with flatbread or compliment a favorite sandwich.

recipe from the Editor

---

---

## Baked or Fried?

### How to Order Foods When Eating Out

When eating out cooking methods can add fat and calories to seemingly “healthy” food. Identifying how the meal you are about to order is prepared can help you avoid these unhealthy options and choose healthier alternatives.

### Healthy Cooking Methods

When ordering from a menu look for the following cooking methods that limit the addition of extra fat and calories while preserving the original nutritional content.

Here are definitions of some of the most common forms of healthy food preparation.

**Baked** -- Food cooked in the oven. Food is cooked slowly with gentle heat, causing the natural moisture to evaporate slowly, concentrating the flavor (potatoes, chicken, fish).

**Broiled** -- Food cooked directly under or over a heat source, usually in the oven under the top broiling element or on the grill (meats).

**Grilled** -- Cooked on a rack directly over hot coals or other heat source (vegetables and meats).

**Roasted** -- Food placed on a flat or V-shaped rack in a shallow, deep square or oval roasting pan for cooking in an oven (vegetables and meats).

**Steamed** -- Cooked over boiling water in a covered pan, this method keeps foods' shape, texture, and nutritional value intact better than methods such as boiling (vegetables, rice).

### Cooking Methods To Avoid

Unfortunately, there are many cooking methods that, during the cooking process, add fat or calories to the food being prepared. Eating food prepared using these methods should be avoided if you are trying to eat healthy.

**Breaded** -- Food covered with bread crumbs before cooking (breaded meats, mozzarella sticks, onion rings, etc.).

**Buttered** -- Cooked in butter or with butter on it (vegetables).

**Creamed** -- Prepared or cooked in a cream sauce (Fettuccini Alfredo, creamed corn, spinach, etc.).

**Fried** -- Food cooked in hot cooking oil, usually until a crisp brown crust forms (meats, French fries, rice, etc.).

These cooking methods involve using fats or oils in the preparation or cooking which greatly increase the amount of fat and calories eaten. Frequently eating large amounts of foods prepared in these ways increase health risks. By avoiding these cooking methods while eating out you can reduce the amount of fat and calories you consume.

# Why Is Physical Activity Important?

Being physically active is a key element in living a longer, healthier, happier life. It can help relieve stress and provide an overall feeling of well-being. Physical activity can also help you achieve and maintain a healthy weight and lower your risk for chronic disease. Physical activity can also:

- Improve self-esteem and feelings of well-being
- Increase fitness level
- Help build and maintain bones, muscles, and joints
- Build endurance and muscle strength
- Enhance flexibility and posture
- Help manage weight
- Lower risk of heart disease, colon cancer, and type 2 diabetes
- Help control blood pressure
- Reduce feelings of depression and anxiety

Physical activity and nutrition work together for better health. Being active increases the amount of calories burned. As people age, their metabolism slows, so maintaining energy balance requires moving more and eating less.



Some types of physical activity are especially beneficial:

**Aerobic activities:** speeds heart rate and breathing and improves heart and lung fitness. Examples are brisk walking, jogging, and swimming.

**Resistance, strength building, and weight-bearing activities:** helps build and maintain bones and muscles by working them against gravity. Examples are carrying a child, lifting weights, and walking.

**Balance and stretching activities:** enhances physical stability and flexibility, which reduces risk of injuries.