

BALANCE MY CHOICE

Wellness Pointers

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"His work is to be a sign of His benevolence, a sign that will win the confidence of the world and bring in resources for the advancement of the gospel."
Special Testimonies, Series B, No. 1, pp. 20



EMPLOYEE WELLNESS
Southern Adventist University

OCCUPATIONAL

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

Ways of Working

Ministering to Body and Soul

Christ's servants are to follow His example. As He went from place to place, He comforted the suffering and healed the sick. Then He placed before them the great truths in regard to His Kingdom. This is the work of His followers. As you relieve the sufferings of the body, you will find ways for ministering to the wants of the soul. You can point to the uplifted Savior and tell of the love of the great Physician, who alone has power to restore.

– Christ's Object Lessons, pp. 233, 234.

Serve with Sanctified Understanding

To those who go out to do medical missionary work, I would say, serve the Lord Jesus Christ with sanctified understanding, in connection with the ministers of the gospel and the Great Teacher. He who has given you your commission will give you skill and understanding as you consecrate yourselves to His service, engaging diligently in labor and study, doing your best to bring relief to the sick and suffering.

– Counsels on Health, pp. 539.

Nothing but earnest, wholehearted labor will avail in the saving of souls. We are to make our everyday duties acts of devotion, constantly increasing in usefulness because we see our work in the light of eternity. – Letter 43, 1902.

As a people who are doing a special work for this time, we are now to manifest a faith that will have a convincing power. – Letter 82, 1907.

Laboring as God's Helping Hand

Our work has been marked out for us by our heavenly Father. We are to take our Bibles and go forth to warn the world. We are to be God's helping hand in saving souls. We are to be channels through which His love is day by day to flow to the perishing. The realization of the great work in which he has a privilege of taking part ennobles and sanctifies the true worker. He is filled with the faith that works by love and purifies the soul. Nothing is drudgery to the one who submits to the will of God. "Doing it unto the Lord" is the thought that throws a charm over the work that God gives him to do. – Letter 43, 1902.

Results of Consecrated Effort

All missionary successes have been gained by consecrated effort. By God's ordained means we can work successfully, meeting and surmounting obstacles, standing steadfastly under Christ's banner, refusing to fail or become discouraged.

– Special Testimonies, Series B, No. 2, pp. 19.

The experience of apostolic days will come to us if men will be worked by the Holy Spirit. The Lord will withdraw His blessing where selfish interests were indulged; but He will put His people in possession of good throughout the world, if they will unselfishly use their ability for the uplifting of humanity. His work is to be a sign of His benevolence, a sign that will win the confidence of the world and bring in resources for the advancement of the gospel.

– Special Testimonies, Series B, No. 1, pp. 20.

7 Ways to Reduce Stress During the Workday

1. Begin the day with a brief prayer.

Rather than jumping out of bed and rushing to start your day, take a few minutes, from 5-20 minutes, to pray and read an inspiring passage, think peaceful thoughts, appreciate God's gift of a new, fresh day. Beginning this way gives you a sense of peace that will manifest itself all day.

2. Apply the wisdom of Paul to your daily living.

"Whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable...think about such things" (Philippians 4:8, NIV). Those words are a reminder to think positively. During the day when you face a crisis, think challenge. When you face an obstacle, think opportunity. Approaching any stressful event positively will boost your energy.

3. Practice hospitality.

Maintain an open-door policy in your heart for everyone you will encounter during the day. Greet everyone with a smile. This will make others feel good about being with you.

4. Take a brisk walk.

Experts note that exercise is effective in burning off the excess adrenaline that fuels feelings of anxiety and stress. Exercise also releases endorphins – the body's natural chemicals that block anxiety and pain. So take a brisk walk over lunch hour. During office hours, even a brisk walk down the hallway or up a flight of stairs can help.

5. Beware about what you drink.

The caffeinated drinks you drink throughout the day can be a mental-health nightmare. Too much caffeine can cause shaky hands, restlessness, and irritability -- all of which increase stressful feelings. Try eliminating it from your routine.

6. Concentrate on the task at hand, not the outcome.

This is another way of learning to be less than perfect. If you find yourself fretting about a project, speak gently to yourself, saying: "Here I go again worrying about the future. I'll just give this my best now." Then do that.

Remember to leave the future in God's hands.

7. Just say "no."

You don't have to accept every project, every invitation to become involved, every opportunity to attend a meeting. Accept what you need to do and what you want to do, but say "No, thank you" to other requests for your time.

Employee Wellness Mission Statement:

Cultivating a sense of community, Southern Adventist University Wellness promotes balanced living, provides risk assessment, rewards and empowers employees for pursuing optimum health in a caring, Christian environment.

What is Wellness?

“Wellness is an intentional choice of a lifestyle characterized by personal responsibility, balance, and maximum person enhancement of physical, mental, and spiritual health.”

-Dr. Garver

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Employee Wellness

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“Pressed for Time” - 3 Watches on Arm
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Vegan Pumpkin Cheesecake

Ingredients:

- 1 pre-made graham cracker crust
 - * use vegan pie crust
- 12 ounce package extra firm tofu
- 15 ounce can solid packed pumpkin
 - 4 ounces soy cream cheese
 - * softened at room temperature
- 1 cup sugar
- 1 tsp. vanilla
- 2 tsp. pumpkin pie spice

Preparation Directions:

1. Puree tofu in food processor until smooth.
2. Add remaining ingredients. Mix until well combined.
3. Pour mixture into crust and bake at 350 degrees for 45 minutes.
4. Turn off oven and let cheesecake cool in oven for 1 hour. Do not open the oven.
5. Move to wire wrack and cool completely.
6. Refrigerate 8 hours before serving.
 - * Cheesecake will firm up during refrigeration.



Also, if your heart desires a delicious vegan whipped topping, try this recipe found at:

<http://www.dailygarnish.com/2011/11/vegan-pumpkin-pie-whipped-topping.html>

High Blood Pressure 101

Obesity. If you are overweight, that factor alone may elevate your blood pressure; you should reduce your weight immediately. Reducing weight has been the biggest single factor (greater than even a low-salt diet) in lowering blood pressure.

Eat a good diet, limit salt to one teaspoon a day, avoid high-cholesterol and saturated-fat foods, and use more fruits and vegetables.

Do not snack. This is all that most overweight people need to know to control their weight. By stopping your between-meal snacks, you can reduce your daily intake by several hundred calories. Reduce the use of empty and refined calories. There are four basic food types that contain calories of this kind.

Visible fats. These are fats such as cooking oil, margarine, and similar fats that are visible in or on your food.

Sugar. Eliminate foods that are high in sugar, such as desserts, soft drinks, ice cream, doughnuts, and other between-meal sweets.

Refined cereals. Cooked cereals are usually better than commercial dry cereals. If you like dry cereals, use products such as shredded wheat, which are whole-grain and do not have added sugar.

Eat a good breakfast. If it is necessary to skip a meal in order to lose weight, skip supper rather than breakfast. Two studies show that the same number of calories taken in the morning do not put on as many pounds as when taken in the evening.

Use foods high in fiber and water content such as greens, carrots, string beans, and so forth, which will fill you up without putting on so much weight. These are called low-calorie-density foods. It has been demonstrated that on a high-fiber diet one is satisfied with only 50 percent as many calories.

Exercise. To lower blood pressure, one needs continuous exercise of at least 20 minutes duration. Probably the best exercise is walking. Work up to the 20 or 30 minutes gradually. Before doing any vigorous exercise, have your physician do an electrocardiogram/stress test to be sure your heart can take it.

Diet. Studies show that vegetarians have less tendency to high blood pressure. Some researchers suggest that reducing or eliminating the use of meat in the diet may be the best therapeutic approach to high blood pressure.

Stress and Emotion. Stress and tension may also elevate blood pressure. A good exercise program helps relieve stress. Also, take regular vacations, stop bringing your work home in the evenings, and consciously try to relax several times a day. Trusting in God's care for you should help you not worry over the many problems of the day.