

Wellness Pointers

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Social Wellness



photo from <http://www.searchfuel.com/2008/09/to-friend-or-not-to-friend/>

“Coming together is a beginning. Keeping together is progress. Working together is success.”
~Henry Ford



EMPLOYEE WELLNESS
Southern Adventist University

Look Beyond The Surface

*“Stop judging by mere appearances,
and make a right judgment.”
John 7:24*

Our whole country is caught up in appearance today, almost to the point of making it an idol. We are consumed by the desire to be thin, to be beautiful, to dress with flair and style. All of these may be perfectly legitimate personal goals, but we can all too easily pervert them, try to impose them on others and then judge everyone as unworthy who doesn't measure up.



“Any fool can criticize, condemn, and complain but it takes character and self control to be understanding and forgiving.” - Dale Carnegie. Judge not until you walk a mile in another man's shoes

Today the fit mock those who puff their way up the stairs. The beautiful recommend nose jobs. The tall look down on the small; those who look as if they need a good sandwich feel superior to those who have obviously had too many.

Jesus tells us to look beyond the surface, to judge actions, not appearances. We have no right to make our personal preferences the basis for judging the worthiness of others.

Father, just as I don't want to be judged by my acceptance of some popular trends, neither do I want to judge others by my own personal preferences. Keep me sensitive to the feelings of others and help me see the true person beyond the surface.

9-5 Friends

Is friendship in the workplace a good idea? Will it make people dread Mondays less? The evidence is promising that friendship is a key component to work satisfaction. It has been proven that opportunities for friendship at the workplace are correlated with greater job satisfaction. Having greater job satisfaction then leads to an increased organizational commitment and decreased work turnover.

Elton Mayo first detailed work relationships in the early 1930s. He believed that how much employees felt social satisfaction in the workplace was the most powerful predictor of their productivity. Having workplace friendships can help create better communication, support, cooperation, energy, and a sense of security that will influence someone's attitude about work and their behavior as well. Having a friend at work can also give you insight into the inner-workings of your company. Another unexpected bonus is a friend can often recommend you for a job position. It has also been discovered that those who have friendships at work are less likely to leave their jobs and seek employment elsewhere.

Another important component is whether or not the employee feels they are working in a friendly environment. Having a friendlier environment also leads to increased cohesiveness of the group. It is also important to note that in times of difficulty or challenge, strong friendships are often formed. The friendships help co-workers to cope and lean on others for support until things are back to normal. It has been suggested that people rely more on the workplace for a sense of belonging than was formerly found in relationships with their extended family, church, and community. Whether or not this idea is true for you, it is a good idea to consider developing friendships at work and working to strengthen the ties you already have with your co-workers.



photo from Google image search

HOW TO BE MORE FRIENDLY AND SOCIAL

Take time to talk to people you already know

If you see someone you know, then go over and see what's going on with them. No real reason, just because. Catch up with what they've been up to lately, or just talk about whatever. Keep in touch with your friends. Stop and chat to your coworkers when they're not too busy. Maintain your relationships and show you're interested in the other people. If you see someone you know, don't avoid them because you don't feel like talking, or pretend not to notice them because you're worried the conversation will be stilted. Go up to them and chit chat for a few minutes.

Offer compliments to people

Don't be afraid to be positive and encouraging towards other people. If someone is good at something then tell them so. If someone looks nice, or is well dressed, then say you think so. If you think someone is funny, or an interesting person, then let them know. Again, moderation is the key. The occasional genuine compliment is way better than a constant stream of try-hard ones.

advice taken from <http://www.succeedsocially.com/friendly>

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DRIED FRUIT, NUT, AND SEED CRISPS

Dried Fruit, Nuts, and Seeds:

1/2 cup dried apricots, coarsely chopped
1/2 cup dried cherries or dried cranberries,
coarsely chopped
1/2 cup roasted hazelnuts, lightly
chopped*
1/2 cup roasted pumpkin (pepitos) seeds*
1/4 cup roasted sesame seeds
1/4 cup flax seeds
1 tablespoon fresh rosemary, chopped

Base:

2 cups all-purpose flour*
2 teaspoon baking soda
1/2 teaspoon salt
2 cups buttermilk
1/4 cup brown sugar
1/4 cup honey or maple syrup

Preheat oven to 350 degrees F. Using non-stick cooking spray, lightly coat three (3) 8" by 4 1/4" small loaf pans.

In a bowl, toss together the dried apricots, cherries or cranberries, hazelnuts, pumpkin seeds, sesame seeds, flax seeds, and rosemary. NOTE: By tossing the dried fruit with the nuts and seeds, this coats the dried fruit and keeps them from sticking together; set aside.

In a large bowl, prepare the Base by adding the flour, baking soda, salt, buttermilk, brown sugar, and honey; stir just to combine (don't over mix the batter).

Add the Dried Fruit, Nuts, and Seed mixture; stir just until blended. Pour batter into the prepared loaf pans. Bake approximately 30 minutes until golden and springy to the touch. Remove from oven and let cool 10 minutes on a wire rack. After 10 minutes, remove from the loaf pans and let completely cool on the wire rack.

When cooled, wrap tightly in plastic wrap and either refrigerate or place in the freezer until ready to cut.

When ready to slice, remove from the refrigerator or freezer.

Frozen Loaves: Loaves will store in the freezer about 2 months. If the loaves are frozen, let thaw slightly for easier cutting. Also by keeping the loaves in the freezer, this allows you to bake and slice a batch as you need or want them.

Refrigerated Loaves: The cooler the bread, the easier it is to slice them really thin. In other words, don't try to slice room temperature loaves.

Slicing the Loaves: Using a sharp knife (I used my serrated bread knife), slice the loaves as thinly as you can. Place the slices on ungreased cookie sheets. If your knife is not sharp, please sharpen it before beginning to slice.

Preheat oven to 300 degrees F.

Bake the slices approximately 15 minutes on one side, and then turn them over and bake for approximately another 10 minutes until crisp and deep golden.

Remove from oven, remove from baking pan to a wire cooling rack, and let cool. Store in an airtight container.

recipe adapted from <http://whatscookingamerica.net/Appetizers/DriedFruitNutCrisps.htm>

Three Clues to Your Favorite Place in the World

By Deb Peterson, About.com Guide

Technology and transportation in the modern world have given us the opportunity to learn so much more, often first hand, about the rest of the world. If you haven't had the privilege of global traveling, you may have experienced the thrill of conversing with foreigners online or working side-by-side with them in your industry. The world becomes a smaller place the more we get to know each other.

When you have a gathering of people from various countries, this ice breaker is a breeze, but it's also fun when participants are all from the same place and know each other well. Everyone is capable of dreams that cross borders.

To make this ice breaker kinetic, require that one of the three clues be a physical motion (think Pictionary™). For example, skiing, golfing, painting, fishing, etc.

Ideal Size

Up to 30. Divide larger groups.

Use For

Introductions in the classroom or at a meeting, especially when you have an international group of participants or an international topic to discuss.

Time Needed

30 minutes, depending on the size of the group.

Materials Needed

A globe or world map would be a nice prop, but nothing is necessary.

Instructions

- Give people a minute or two to think of three clues that describe, but don't give away, either the country they are from (if different from the one you're in) or their favorite foreign place they have visited or dream of visiting.
- When ready, each person gives their name and their three clues, and the rest of the group guesses where in the world they are describing. Give each person a minute or two to explain what they like best about their favorite place in the world. Start with yourself so they have an example.

If you want students on their feet and moving, require that one clue be a physical motion like swimming, hiking, golfing, etc. This clue may include verbal help or not. You choose.

Example

Hi, my name is Deb. One of my favorite places in the world is tropical, has a beautiful body of water you can climb, and is near a popular cruise port. (I am physically imitating climbing.)

After guessing is finished: One of my favorite places in the world is Dunn's River Falls near Ocho Rios, Jamaica. We stopped there on a Caribbean cruise and had the marvelous opportunity of climbing the falls. You start at sea level and can climb 600 feet gradually up the river, swimming in pools, standing under small falls, sliding down smooth rocks. It's a beautiful and fantastic experience.

Debriefing

Debrief by asking for reactions from the group and asking if anybody has a question for another participant. You will have listened carefully to the introductions. If somebody has chosen a place related to your topic, use that place as a transition to your first lecture or activity.