

Wellness Pointers

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

Volume 22 Issue 9

January 14, 2011



photo from <http://morehorror.com/node?page=64>

**“There are moments in life, when the heart is so full of emotion
That if by chance it be shaken, or into its depths like a pebble
Drops some careless word, it overflows, and its secret,
Spilt on the ground like water, can never be gathered together”
~Henry Wadsworth Longfellow**

OWNING YOUR OWN BEHAVIOR

I keep the Lord always before me:
because he is at my right hand, I shall not be moved.
~Psalm 16:8

A few years ago while attending a conference, I crossed paths with a former coworker I hadn't seen in about five years. At the time of the conference, I was in the midst of a successful period of getting into shape. In fact, I had lost about ten pounds over the previous month or so and was feeling pretty good about myself.

However, the last time my former colleague had seen me I had been considerably lighter. From his vantage point, I had not lost ten pounds but had gained about twenty-five. Not being the most sensitive creature God ever created, he politely said hello, and then, almost instinctively, commented, "Looks like you've put on some weight." (Notice I identified him as a former coworker, not a friend!)

My positive feelings were dashed in an instant. I gave up. *Why bother?* I wondered. It didn't take me long to find those ten pounds (and a few more to go with them). I had allowed a short statement from a person I barely knew and didn't especially like to defeat me. Had this comment come from a friend, the effects might have been even worse.

In retrospect, this incident helped me to understand how important state of mind can be and how easily my state of mind can be influenced by the comments (including unsolicited ones) of others. Sticks and stones can break our bones, but names and offensive comments can sometimes hurt even worse. Often these negative statements come not from people like my coworker, but from our culture, from billboards and TV commercials that say, "You're overweight. You should be ashamed of yourself."

Some of us are capable of simply disregarding the insensitive comments of others, but for most this is far more easily said than done, because the roots of such sensitivities run deep. Hard as it can be, however, we must try. We must own our own behavior regardless of what others think. Like John Nash in the movie *A Beautiful Mind*, we must allow our minds and not just our emotions to control our behavior. This is not an easy battle to win, but it is one we must fight.

Prayer: Lord, give me the strength to resist the temptation to allow others to define who I am.

4 TERRIFIC WAYS TO TAME ANXIETY

1. Slow down, step away from your problems and put them in perspective. Instead of aiming for perfection, which is impossible, be proud of how close you get.
2. Take the power out of your automatic negative thoughts. It may sound surprising, but trying to avoid negative thoughts can make them even more powerful. When you find yourself saying things like “I’m stupid” or anything else scary or negative, constantly repeat the thought to yourself out loud. Psychologists have discovered that if we keep saying something over and over -- about 50 to 100 times -- it loses all meaning and the power to hurt us. Hint: Don’t believe the words -- just repeat them until they lose power.
3. Reach out to help someone else. It’s a sure-fire way to make your-self feel better and forget about your problems, if only for a while.



4. Focus on what’s positive about the present instead of dwelling on the past or worrying about the future. Meditation, deep breathing, and listening to music are ways to help you stay in the present moment.

Honey Tangerines

This super-sweet variety of mandarin oranges is in season from January to April. Tangerines are high in vitamin C and are a source of vitamin A and the B-vitamin folate. Plus, they have just 40 calories and 8 grams of sugar per fruit, so go ahead and enjoy a few. Add wedges to salads and fruit salsas.

from Top Health: The Health Promotion and Wellness Newsletter, February 2011, p. 2

Request from the editor:

I would like to try something new this semester.

I require some assistance from you, the reader.

I would love to hear about your wellness achievements from any of the 8 dimensions.

The 8 dimensions of wellness are: emotional, environmental, financial, mental, occupational, physical, social, and spiritual.

Write a 2-3 sentence (*very brief*) summary of your most memorable achievement and I will put it in the newsletter.

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

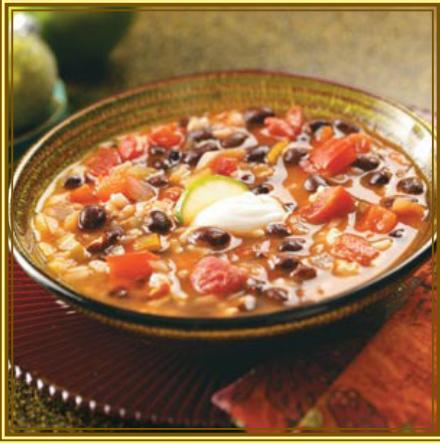
Employee Physician

Dennis Thompson, DO
welldr32@live.com

Please send comments/suggestions to:
wellness@southern.edu

Southwest Black Bean Soup

Prep: 15 min. Cook: 35 min.



Ingredients

- 1 medium sweet red pepper, chopped
- 2 celery ribs, chopped
- 1 small onion, chopped
- 1 tablespoon canola oil
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1 can (14-1/2 ounces) reduced-sodium chicken broth
- 1 can (14-1/2 ounces) Hunt's® Original Diced Tomatoes, undrained
- 1 can (4 ounces) chopped green chilies
- 3/4 teaspoon ground cumin
- 1-1/2 cups cooked instant brown rice
- 6 tablespoons reduced-fat sour cream

Directions

- In a large nonstick saucepan, saute the pepper, celery and onion in oil until tender. Add the beans, broth, tomatoes, chilies and cumin. Bring to a boil. Reduce heat; simmer, uncovered, for 30 minutes or until thickened.
- Divide rice among six soup bowls; top with soup and sour cream.

Yield: 6 servings.

recipe from <http://www.tasteofhome.com/Recipes/Southwest-Black-Bean-Soup/Print>

Health Benefits of Black Beans

Used for low backache, knee pain, and infertility.

Black bean juice is effective for:

hoarseness, laryngitis, kidney stones, bed wetting, urinary difficulty, and hot flashes of menopause.

Hardy members of the kidney bean family, black beans are native to Mexico.

Information from Healing With Whole Foods, 3rd Edition, by Paul Pitchford, Pgs. 507, 508

What To Look For When Purchasing the “Perfect Pad”

You will typically spend more time in bed than on any other piece of furniture in your home. You rely on it for peace and comfort so take the time to find the mattress that works best for you. Below are some good things to look for when you're ready to purchase the perfect pad.

Support

A good mattress and foundation provide the important correct support and keep the spine equal to a person standing with good posture. Focus on body parts which are most heavy such as hips, lower back, and shoulders. Don't expect the original label of the product to tell you the answer for the right support. The term “firm” which is labeled on one company may actually be harder than “extra firm” for another's product. The best way to find the right support for you is by trying it yourself.

Durability

Durability measures how long a mattress and foundation can give you the right support you need and deserve. The best way to choose a durable product -- put your money where your bed is.

Warranty

Don't expect the warranty to tell you how long it will fit your needs. The warranty helps to protect you from product problems and not against the wear and tear of the mattress over time.

Springs

The most popular type of bedding contains the support of tempered steel coils in several varieties. The upholstery of the mattress offers insulation and cushioning between the human body and the coil. It is impossible to judge the quality of a mattress by the number of coils in the mattress. Also, the large number of coils doesn't always suggest that it is a good mattress. Good upholstery material and high quality springs in the mattress are able to provide quality.

Foam

Hard foam mattresses provide various levels of support. It usually consists of a solid core, or a few different layers. These days, new technology in foam mattresses has expanded the choices in performance, comfort, and support for consumers.

Foundation

An appropriate foundation or box spring is a significant component of a good bed. If you want to buy a new mattress, you should select a foundation as well. It will provide maximum comfort to you because the mattress and foundation work together. Also, if you bought the mattress without its matching foundation, it may affect the warranty.

adapted from The Well Workplace, Vol. 9, No. 2, April 2007, pgs. 4, 5



photo from <http://chooseamattress.com/mattress-types/innerspring/>