

BALANCE MY CHOICE

Wellness Pointers

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The hunger for love is much more difficult to
remove than the hunger for bread.

- Mother Teresa



EMPLOYEE WELLNESS
Southern Adventist University

MENTAL

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

The Best Friend

“Better a poor but wise youth than an old but foolish king who no longer knows how to take warning.” (v.13)

For reading & meditation -- Ecclesiastes 4:13-16

Strange though it may sound, it is possible to have many friends and still be lonely. That's the point Solomon is making in the verses before us today.

Look again at the picture he presents in verse 13. It is a picture of two people: one a poor but wise youth, the other an old but rich king. Who would you think has the advantage? The king? Not so, says Solomon. He may have more experience of life, but something more than experience is needed if we are to walk effectively through the world. What we need is -- wisdom. Experience without wisdom is of little benefit. It's not how many hours we have lived that counts, but what we have gained from those hours that is important.

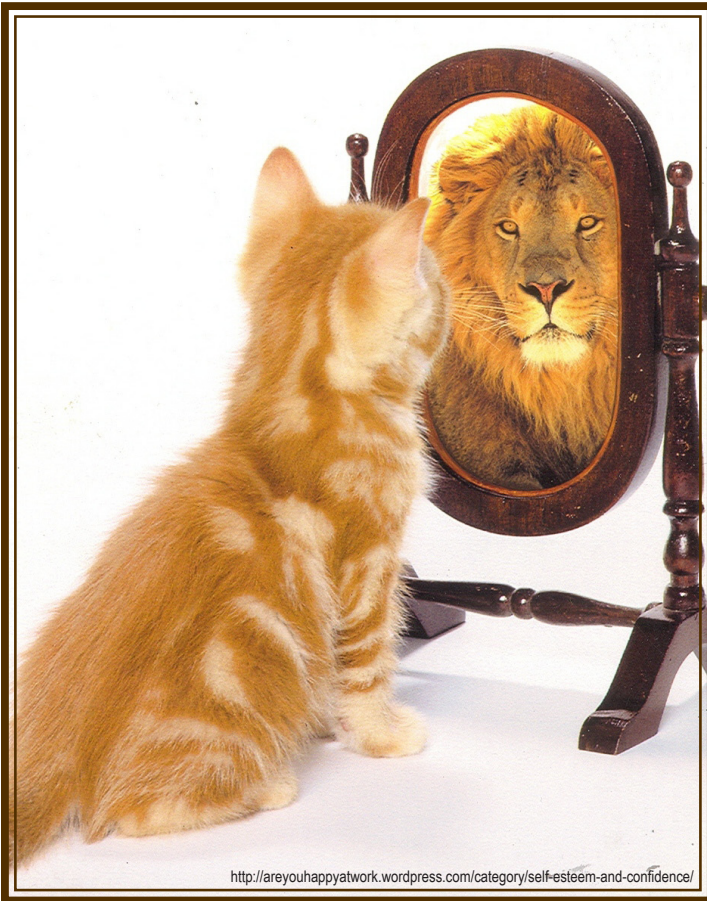
The whole of chapter 4 has been taken up with the issue of loneliness, and Solomon ends by underlining the fact that it is not our circumstances that make us lonely, but our inability to apply wisdom to our situation. Take two people who are in exactly the same circumstances. Both are surrounded by agreeable and helpful companions. One enjoys the company of friends, but the other complains that he is lonely. Where lies the problem with the one who feels lonely? Not in the outer circumstances, but in the “innerstances” -- his attitudes. He lacks the wisdom to see that no human being can provide him with the comfort which the soul so deeply craves. That is found only in God. The wise are those who understand that while human friends are important, the best friend to have is God.



My Father and my God, grant me the wisdom to understand that while the making and keeping of earthly friendships is important, the making and keeping of Your friendship is even more important. In Jesus' Name. Amen.

Envision a NEW YOU

Our thoughts have a powerful impact on self-esteem. Having too high an opinion of yourself can cause as many problems as being overly self-critical. Regarding yourself as better than others can lead you to believe that you deserve special privileges, and that can get in the way of success. In contrast, your self-worth may need a boost if you put little value on your opinions and ideas, believe others are more capable than you, or are unable to accept a compliment.



<http://areyouhappyatwork.wordpress.com/category/self-esteem-and-confidence/>

Healthy self-esteem helps you feel secure and worthwhile. People with healthy self-esteem tend to have an accurate view of themselves and often do well in school, work and relationships. ***So how do you get a more balanced self-view?***

Identify trouble spots. Are you tormented by memories of situations that ended badly for you? Mentally replay a revised scenario with a successful outcome.

Listen to self-talk. Each of us has an internal dialogue. Are these thoughts mostly negative about yourself or others? Correct distorted thinking and stop comparing yourself to others.

Do a reality check. Ask for honest feedback from people you trust, and listen nondefensively.

Grow up. Are you still stuck with childhood labels? Learn to love yourself unconditionally, develop your strengths and remember that you're unique.

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DANDELION, FETA AND WALNUT SALAD



INGREDIENTS:

A large handful of young dandelion leaves

100g (3.5 oz) fresh feta

70g (2.5 oz) shelled walnuts

Dressing

4tbsp olive oil

1tbsp walnut oil

1tsp lemon juice

1tsp balsamic di Modena

S&P

DIRECTIONS:

Wash the dandelion leaves well in cold water.

Roast the walnuts in a moderate oven until lightly golden.

Break into pieces by hand.

Crumble the feta into large pieces and mix together with the leaves without breaking the feta further or damaging the leaves.

Whisk all the dressing ingredients together and add to the leaves with the walnuts.

Toss gently.

Everyday Survival Kit

LITTLE THINGS THAT MEAN A LOT

Toothpick ~ to remind you to pick the good qualities in everyone.

Rubber band ~ to remind you to be flexible. Things may not always go the way you want, but they can be worked out.

Band-aid ~ to remind you to heal hurt feelings, whether yours or someone else's.

Eraser ~ to remind you everyone makes mistakes.

Candy kiss ~ to remind you everyone needs a hug or a compliment every day.

Mint ~ to remind you that you are worth a mint to your family and friends.

Sugarless gum ~ to remind you to stick with it and you can accomplish anything.

Pencil ~ to remind you to list your blessings every day.

Tea bag ~ to remind you that you never know how strong you are until you're in hot water.

