

BALANCE MY CHOICE

Wellness Pointers

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*The beginning of anxiety is the end of faith.
The beginning of true faith is the end of anxiety.
- George Muller*



EMPLOYEE WELLNESS
Southern Adventist University

EMOTIONAL

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

WORRY ON THE MOUNT

Multitudes from all over Israel and her neighboring regions thronged to Galilee to see Jesus. He delivered His most famous sermon on a mount beside the northern shore of the Sea of Galilee. The traditional location of this sermon on the Mount of Beatitudes provides ample space for large crowds.

In springtime, the hillside bursts with grass and flowers. Jesus drew on this setting to illustrate simple truths to His listeners: “Do not be worried about your life... Look at the birds of the air... Observe how the lilies of the field grow” (Matt. 6:25-26, 28). Jesus called the people, “You of little faith” (v. 30), because they sought tomorrow’s needs instead of trusting God to provide for today’s needs as He saw fit.

The real struggle for people (both then and now) seems to rest with control. For some reason, we feel more in control of our lives when we fret about them. But worry moves the burden of providing from God to us -- a load that He never intended us to bear. When we seek first God’s kingdom, we yield to His control of our lives. And we come to see all things -- even working for food and clothing -- as opportunities to promote God’s kingdom and the growth of His righteousness in our hearts.

On a gentle slope in Galilee, Jesus used simple illustrations we also see in our land -- birds, flowers and grass. God’s continual care of these things gives testimony that He will provide for us too... as He always has.

Heavenly Father, thank You that Your promise to provide for me is not limited by my worries that You will. Help me remember that I cannot control the next five minutes, much less a thousand tomorrows. Today has enough trouble of its own, Lord, and so I give this day to You.

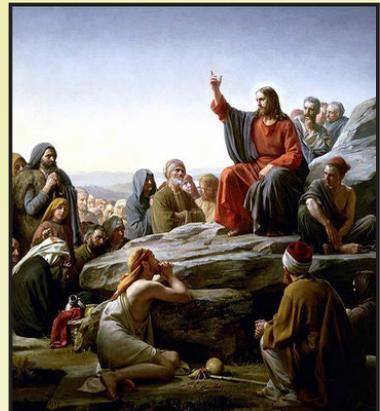


image from Google image search
taken from Going Places With God, by Wayne Stiles, p. 32

When Fear Overwhelms: Panic Disorder

People with panic disorder have sudden and repeated attacks of fear that last for several minutes, but sometimes symptoms may last longer. These are called panic attacks. Panic attacks are characterized by a fear of certain disaster or a fear of losing control. A person may also have a strong physical reaction. It may feel like having a heart attack. Panic attacks can occur at any time, and many people worry about and dread the possibility of having another attack.

A person with panic disorder may become discouraged and feel ashamed because he or she cannot carry out normal routines like going to the grocery store, or driving. Having panic disorder can also interfere with school or work.

Panic attacks are characterized by a fear of certain disaster or a fear of losing control.

What are the symptoms of panic disorder?

People with panic disorder have:

sudden and repeated attacks of fear.

a feeling of being out of control during a panic attack.

a feeling that things are not real.

an intense worry about when the next attack will happen.

a fear or avoidance of places where panic attacks have occurred in the past.

physical symptoms including:

- pounding heart,

- sweating,

- weakness, faintness, or dizziness,

- feeling a hot flush or a cold chill,

- tingly or numb hands,

- chest pain,

- feeling nauseous or stomach pain.

If you or someone you know develops these symptoms, talk to a doctor or health care provider. There is help available.

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Ideas for eating fresh herbs

Herbs can add flavor without guilt to many foods. Here are some suggestions.

If you can't find fresh herbs, try dried (1 tablespoon fresh herb = 1 teaspoon dried herb).

Basil



- **Used in a variety** of Mediterranean and Asian cuisines
- **Serve fresh tomato slices** with a drizzle of olive oil, freshly ground pepper and chopped basil
- **Main ingredient in pesto** — Grind with olive oil, fresh garlic, and pine nuts or walnuts
- **Chop fresh leaves**, and add to green or pasta salads, dips, soups, vegetable dishes, eggs, fish, lamb, and chicken

Cilantro/ coriander



- **Cilantro is the fresh leaves** of coriander used widely in Chinese, Thai, and Mexican dishes
- **Add fresh, chopped cilantro** to salsa, tacos, spring rolls, pasta salads or stir fry



Dill

- **Key ingredient** in many pickled foods
- **Add to potato soup** or salad, coleslaw, savory quick breads or muffins, green salads or pasta salads
- **Sprinkle chopped dill** on baked or grilled fish with fresh lemon

Rosemary



- **Finely chop fresh leaves** or grind dried leaves to release flavor
- **Use as a rub** for roasts or in marinades for meats or mushrooms
- **Combine with other** savory herbs such as thyme, oregano, marjoram, and sage to flavor grilled vegetables or meat
- **Excellent with potatoes** — grilled, roasted, baked, potato salad or soup

Oregano



- **Used widely** in Greek and Italian cooking
- **Great in tomato dishes**, on pizza, or with pasta, pork, and chicken
- **Add fresh oregano leaves** to green salads, fresh salsa, and chilled gazpacho
- **Pair with feta cheese** and tomato in omelets



Thyme

- **Great in herb vinaigrette** or cooked tomato dishes with basil, oregano, marjoram, and garlic
- **Add fresh leaves to eggs**, pizza, pasta, and herb breads

Mint



- **Used in Indian** and Middle Eastern dishes
- **Add chopped, fresh mint leaves** to iced tea or fresh lemon water
- **Excellent with lamb**, yogurt, grain, and vegetable dishes
- **Key ingredient** in raita (yogurt sauce) and tabouleh (bulgur salad)

POWERFUL REASONS

To Exercise With Your Partner

Creates "us" time.

When you work out together, it doesn't feel like a chore.

It's an activity you can share that creates a bond.

Keeps you motivated.

When one of you is tired or feeling lazy, the other can cheer you on.

Shows you care.

Investing time and energy in fitness says, "I love you."

Reduces Stress.

Life and relationships can be stressful.

Working out with your partner can help you to relax.