

BALANCE MY CHOICE

Wellness Pointers

Volume 24 Issue: The Wellness Journey

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The Wellness Journey
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Emotional | Environmental | Financial | Mental | Occupational | Physical | Social | Spiritual

Reflections of My Wellness Journey at Southern

As I reflect on my personal and professional wellness journey, here at Southern, I am filled with gratitude for the opportunities that God has given to us. The things God has allowed us to experience during my thirty plus years of working in wellness has transformed me and blessed me in ways I could have never dreamed.

True “Christ centered wellness” is amazing in so many ways. I thank the Lord daily for opening this door for me. As each of us knows, the devil always has a counterfeit for “every” gift from God. So it has not been a surprise to me to see many of the concepts and practices of wellness being embraced both by the Secular and the New Age worlds. We must constantly be on our guard, remain steadfast, so we aren’t fooled by the great deceiver.

My desire has always been two fold. First, to do the right things. Second, and maybe more important, to do them for the right reasons. What a challenge in a world that reminds us daily, that it is possible to rationalize “any thing.” So what is right and good and honorable? The ability to discern truth from error, right from wrong, the genuine from the counterfeit is getting harder and harder each day. Thus, the Holy Spirit must be embraced and pursued constantly if we hope to maintain a wholistic, balanced, forgiving, accepting, Christ like spirit that will “empower” others to achieve their God given potentials.

This is our mission, this is our duty, this is our privilege as followers of Christ and leaders of our youth. I love it! I want to thank God for this amazing opportunity! I want to thank Southern’s administrators for believing in me and allowing me to dream and for taking risks as we traveled uncharted waters. What a journey. I want to thank my colleagues for joining me on this journey to a destination we could not have imagined, you are amazing. Your support has been so vital in so many ways! I want to thank my students for giving me the opportunity to share my perspectives, information, and concepts with them from a Christ centered perspective. You have inspired me as we traveled together. God is so good!

Let’s all keep on keeping on in pursuit of “wholeness” and “balance.”

Words That Have Changed My Life

Balance = My favorite word

Love = The most important thing

Attitude = Our most valuable possession

Hope = The great sustainer

Acceptance = What empowers others

Betty = My best friend

Christ = My example

Faith = Not always easy

Patience = What a challenge

Choice = Christ's death guaranteed this

Some of My Favorite Sayings

You always have a choice...it always makes a difference.

"No..." is a complete sentence.

If you want to "get"...you must be willing to ask.

Do more than you get paid for...some day you'll get paid for more than you do.

Almost right...is still wrong. Almost clean...is still dirty.

If you can't fight or run...flow.

Do your best and forget the rest.

One of the rarest things man ever does is to do the best that he can.

The only competition worthy of a "wise" man, is with himself.

There is more than one "right" way to do everything.

You...are...good...stuff!

Never give up.

Own your emotions.

Listen more than you talk.

People are more important than things.

Don't sweat the small stuff...everything is the small stuff.

What the mind possesses...the body expresses.

Embrace change!

Dream big!

A "rutt" is a shallow grave.

Be nice.

"Never" keep score.

Conflicts are opportunities.

Oh...my...badness...

Southerners, best years are ahead of you. Keep the faith, be true to the mission.
God will continue to bless at this University. My years of service here have blessed
"me" more than anyone will ever know! Thank you!

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 personal enhancement of physical, mental, and spiritual health.”

-Dr. Garver

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