

BALANCE MY CHOICE

Wellness Pointers

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"In order to have perfect health
our hearts must be filled with
hope and love and joy."
Counsels on Health p. 587



EMPLOYEE WELLNESS
Southern Adventist University

EMOTIONAL

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

Optimism - A Bred of Hope

Optimism is bred of hope, not only for this life but hope in life after death. God has provided much to give thanks for, but regardless of problems here on earth, eventually we can all be winners.

Jeremiah recognized this when he wrote, "Yet this I call to mind and therefore I have hope: because of the Lord's great love we are not consumed, for His compassions never fail. They are new every morning; great is your faithfulness" (Lam. 3:21-23, NIV).

We as Christians are not spared the realities of daily living that can so easily lead to despair. Life is lived by all on the same playing field, and evil befalls both believers and nonbelievers alike. It is how we respond that illuminates our faith. Having said that, we need to recognize what multiple factors can and do influence our reactions to life.

As we review the lives of some biblical characters – such stalwart men as Job, Elijah, David, and Jonah – we find depression was their experience at one time or another. Even Jesus Himself, at times, felt sad and depressed. The Lord does not deal harshly with us during such stressful times, but leads us to a place where a clearer vision allows for optimism. Optimism is the ability to see the light at the entrance of the cave of despair. It does not mean that we are not in the cave, but it gives us hope to claw our way out. It is, indeed, a very bigoted person who would stigmatize some who are depressed.

The interesting thing is that we can choose to be optimistic. Many a person, battered by life, ceases to struggle. Optimism is a struggle to find the positive. It is not something we are given; it is something we decide to operate. To be optimistic does not mean we will not be down; it means we will not give in.

As the Bible says, laughter is surely a powerful medicine. This effect of laughter has been supported by the experience of countless numbers. We can truly be happy and have genuine laughter, especially when we have complete trust in God, knowing He is in control of our lives.

In the Ministry of Healing, page 251, Ellen White wrote:

"Nothing tends more to promote health of body and soul than does a spirit of gratitude and praise. It is a positive duty to resist melancholy, discontented thoughts and feelings – as much a duty as it is to pray. If we are heaven-bound, how can we go as a band of mourners, groaning and complaining all along the way to our Father's house?"

from source "Living Praise" By: Allan R. Handysides p. 126-127

Hope in Times of Trouble

Let Anger Motivate You.

Whenever disappointment strikes, one of the immediate emotions is that of anger. Remember that anger is an emotion, which can be used as a weapon of destruction, further complicating our disappointment, or as a tool to build a better situation. The truth is that anger can drive us to act negatively or anger can be harnessed to work on our behalf. Anger is natural following a disappointment, but it can be released in a healthy, life affirming way.

Maximize Your Faith.

When facing disappointment, minimize despair and disillusionment by maximizing your faith. Utilize passages from scripture and other inspirational sources to help you remember that the love of God constantly surrounds you. Recite and review these scriptures:

Psalms 46:1- "God is our refuge and strength, an ever-present help in trouble."

Psalms 46:10- "Be still and know that I am God."

Romans 8:31- "If God is for us, who can be against us?"

Ask a Different Question.

Another temptation when facing disappointment is that of self-pity. It usually comes through these questions: "Why did this happen to me?" "How could he say that to me?" "Why did she do that?" "How can I go on?" The problem with such questions is that they focus entirely on the negative. Try asking a different question. Rather than focusing on, "What have I lost?" ask, "What remains and where can I go from here?" A change of question often results in a change of perspective.

Look For The Silver Lining.

The apostle Paul declares: "In all things God works for good" Romans 8:28. There are two sides to every disappointment. There is despair and hope; there is fear and faith; there is bad and good. Look for the silver lining in any disappointment, which comes your way.

Don't Quit.

That's the way it is with us as we deal with disappointment and seek to generate hope. We need to hammer away on our project, issues and crises. Yet, just as we are tempted to give up, the Master comes at just the right time whispering: "Keep going... don't quit!" And then, the Master is able to use what we are doing to improvise and create something new, something beautiful, something most unexpected but most delightful.

Practice Patience.

Disappointments often come suddenly but recovering from them takes longer. We need to allow ourselves sufficient time for the hurt to heal and the wound to mend. We need to allow sufficient time for God's work in our lives to become complete. The apostle Peter reminds us: "The God of all grace...will Himself restore you and make you strong, firm and steadfast"

1 Peter 5:10.

taken from "Keys to Happiness" By: Victor Parachin

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

**Southern Adventist University
Employee Wellness
Committee**

Phil Garver, Director

Clarice Esquilla

Leslie Evenson

Betty Garver

Laurie Gauthier

Harold Mayer

Carlos Parra

Dennis Schreiner

Merlin Wittenberg, Retired Rep.

Employee Physician

Dennis Thompson, DO

welldr32@live.com

Wellness Pointers Editor

Katie Schuen

Cover Art Photographer

Jeremy Grabiner

On The Cover

Sunset in Israel

Please send comments/suggestions to:

garver@southern.edu

Make Your Own Muesli

As well as tasting great, muesli has many benefits including: it has a high fiber content that provides sustained energy, has cardiovascular benefits, and improves daily regularity. It is an ideal cereal for those on wheat-free diets and the oat content may help reduce high cholesterol levels.

1. Choose a grain base:

All mueslis (toasted and untoasted) consist of a grain base, which is preferably organic. You may like to choose one or a mix of the following - it's a matter of personal taste:

Oats, Rye Flakes, Barley Kernels, Rolled Quinoa

These grains should be used as the main basic elements of the muesli, making up to anywhere between 50-80% of the mix.

2. Select nuts and seeds:

The next group of ingredients includes your selection of nuts and seeds, which should make up 30-40% of the muesli. Some popular choices include:

Sliced Almonds, Walnuts, Hazelnuts, Coconut, Macadamias, Pumpkin or Sesame Seeds

3. Toast it:

Toasting brings out the natural oils and nutty flavour of the mix, and adds to the crunchiness that so many of us love first thing in the morning with our breakfast muesli. If you prefer your muesli crunchy, you should toast your nuts and seeds before adding them to the grain.

Before doing so, chop the nuts to your liking, leaving the coconut and almonds that are better left flaked. Line a baking tray with foil and the nuts evenly across it, toasting them under a low grill for 10-15 minutes. Check them regularly to prevent burning, and when your kitchen starts to smell good it is generally a sign that the toasting is complete.

4. Add dried fruit:

Lastly, it's time to add the dried fruit. This should make up 5-20% of the muesli at the maximum. Some popular choices include:

Dried Apples, Apricots, Bananas, Currants, Papaya, Pineapple, Dates, Prunes or Raisins

Other muesli making tips:

It's always best to soak your muesli well in water, milk, apple juice or any other milk substitute before eating it. This breaks phytates within the fiber allowing for easier digestion and absorption of nutrients. You may like to soak the muesli overnight or half an hour before eating it. If you are looking to add a nuttier taste and creamier texture, you may like to add a teaspoon of Tahini to your bowl of muesli. Nutrient-rich organic honey is the best sugar substitute for muesli if you are looking for a sweeter flavour. It also offers many anti-microbial benefits.

Healthful Eating Scriptures

We are made to consume food. But food was never supposed to consume us. If you want to get healthy but find yourself stuck in a cycle of excuses, try replacing your old thoughts with these empowering thoughts.

1. God has given me power over my food choices. I'm supposed to consume food. Food isn't supposed to consume me.
"But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.' ...For when I am weak, then I am strong" (2 Corinthians 12:9-10).
2. I was made for more than to be stuck in a vicious cycle of defeat.
"You have circled this mountain long enough. Now turn north" (Deuteronomy 2:3, NASB).
3. When I am considering a compromise, I will think past this moment and ask myself, "How will I feel about this choice tomorrow morning?"
"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies" (1 Corinthians 6:19-20).
4. When tempted, I either remove the temptation or remove myself from the situation.
"God is faithful; He will not let you be tempted beyond what you can bear. But when you are tempted, He will also provide a way out so that you can endure it. Therefore, my dear friends, flee" (1 Corinthians 10:13-14).
5. When there's a special event, I can find other ways to celebrate rather than blowing my healthful-eating plan.
"See, I have placed before you an open door that no one can shut" (Revelation 3:8).
6. Struggling with my weight isn't God's mean curse on me, but an outside indication that internal changes are needed for me to function and feel well.
"Forget the former things; do not dwell on the past. See, I am doing a new thing! I am making a way in the wilderness and streams in the wasteland" (Isaiah 43: 18-19).
7. I have these boundaries in place not for restriction but rather to define the parameters of my freedom.
"I am using this example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness" (Romans 6: 19-20).

taken from "Vibrant Life" Reprinted from "Made to Crave" (Zondervan, 2010)