

Living Whole

Employee Wellness Program



LOMA LINDA UNIVERSITY
HEALTH SYSTEM

LIVING WHOLE NEWSLETTER; VOLUME 7, NUMBER 1 2012

SPIRITUAL HEALTH

IN her book, *One Thousand Gifts*, Ann Voskamp describes the devastation that came into her life when, as a young girl, her sister was killed in an accident on their farm. She explains how she shut down emotionally and closed her fists tight to God. In the years to follow, she suffered from depression, anger and fear; she dreaded each day. Then, as an adult with six children of her own, a friend dared her to make a list of 1,000 things for which she was thankful. The dare sparked something deep within and brought hope. The book is the story of how Ann opened her hands to God.

The spirit of being thankful is worth nurturing. But it's more than simply sitting down at the end of the day and trying to think back on the good things that happened in the past 24 hours. The challenge is to build the habit so deeply into one's being that the gratefulness wells up all day long. As we practice, the process grows and develops until we actually can learn to be thankful in all things—just as Paul encourages us to do.

1 Thessalonians 5:18

Practice gratefulness. Find ways to say thank you to your family, friends and your Creator. Build the discipline of thanksgiving into your day—as you wait for a traffic light, as you walk to your next appointment, as you listen to your children argue. Breathe in thanks. Breathe out gratitude. Experience joy.

Kathy McMillan, MA
Director, Employee Spiritual Care



MENTAL HEALTH

WHY do some relationships fail? If one looks through book titles or websites, there appears to be no shortage of ideas offered in answer to this question. But perhaps more important than looking at why some marriages don't make it, is learning why some marriages succeed? With all the grim statistics out there reminding us just how precarious relationships truly are, it might be useful to look at how relationships thrive despite it all.

John Gottman, the noted researcher in Seattle, suggests seven strategies

for increasing the odds a relationship will last. First, he recommends knowing your partner. Gottman talks about "love maps" – detailed knowledge about the other person – their likes, dislikes, dreams, hopes, which connects partners. Second, learn to admire differences. This may be challenging since most of us don't like difference. Respecting and even celebrating differences goes a long way in building strong relationships. Third, spend time and energy with each other. This is especially challenging with hectic schedules. Interestingly, Gottman's research reveals relationships that are in trouble often have little energy present. The relationships most likely to fail may not necessarily be those where the partners are angry with each other; they are just indifferent.

Fourth, allow yourself to be influenced by your partner. Research shows marriages may be healthier when husbands permit themselves to be influenced by their wives. This probably has something to do with such relationships being more flexible than those in which husbands rigidly refuse to bend. Fifth, work to resolve conflicts. One of the most interesting findings of Gottman's work has been to show the longer lasting relationships are not always conflict free. Healthier relationships distinguish those conflicts which are fixable and take steps to resolve conflicts. Sixth, move beyond being stuck. "Stonewalling" is a sure way to bring a relationship to an end.

Finally, find common meanings. Couples who share "big picture" understandings about their relationship are probably happier than couples who are at odds as to what their relationship means.

Randall Walker, MS, MFT
Director, LLU Marriage and Family Clinic

PHYSICAL HEALTH

ENERGY is one of our most important assets. This is true from both an ecologic as well as a personal perspective. If we consistently use too much energy we eventually burn out or break down. If we use too little energy we find ourselves becoming weak and atrophying. Our world tends to celebrate work and activity and ignore time for renewal and recovery. To perform at our best, we need times of activity as well as periods of rest. In their book "The Power of Full Engagement", Loehr and Schwartz state that energy, not time, is our most fundamental resource.

How can we take care of ourselves physically to ensure that we're maximizing our energy? There are three things that have been proven to be valuable:

- 1) Daily quiet times. In his book, "The Relaxation Response", Herbert Benson, MD recommends taking 10-20 minutes each day to close your eyes and consciously relax all your muscles. Instituting this simple practice decreases blood pressure, strengthens the immune system and decreases pain syndromes.
- 2) Nightly 7-8 hrs of sleep. Sleep research shows that from a health perspective the ideal amount of sleep is 7-8 hours each night. Benefits of regular, adequate sleep include improved memory and mood, less inflammation, and actual weight loss.
- 3) Weekly rest periods. Athletes know that to perform at their best they must train hard, and take regular rest days. This prevents overuse injuries, restores glycogen stores, and prevents mental burnout. Incorporating a regular 24 hour rest day each week is part of maximizing the energy needed for full engagement.

Keeping our body healthy is not just about doing more. It's also about giving ourselves the time needed for rest and recovery. Let's manage our energy well and incorporate regular balance and renewal in our lives.

Wayne Dysinger, MD, MPH
Chair, Preventive Medicine Dept.

WHEAT BERRY BREAKFAST



Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 4

Amount Per Serving

Calories 270 Calories from Fat 10

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 60g 20%

Dietary Fiber 7g 28%

Sugars 25g

Protein 8g

Vitamin A 8% • Vitamin C 100%

Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients

- 1 cup wheat berries, rinsed and drained
- 2 ½ cup apple juice
- ½ cup chopped apricots
- ¼ cup raisins
- ½ tsp cinnamon
- ¼ tsp allspice
- ¼ tsp ground cloves
- ¼ tsp cardamom
- *Milk or soy milk (Optional)

Directions

Spray inside of crock pot with nonstick spray. Place everything in crock pot, stir, cover and cook on low 8-10 hours. Option to serve with milk or soy milk (not included in nutrient count).

NUTRITIONAL HEALTH

"EAT your breakfast!" This is a common statement made in many households across the country. It has probably been said for generations and it seems that many favorite breakfast cereals during childhood quickly become the favorite go-to cereals for adults.

The Environmental Working Group released a study in December 2011 which investigated the sugar content in breakfast cereals (See Table). They investigated 84 popular cereals from manufacturers which included Kellogg's, General Mills and Quaker Oats. Only 1 in four of these cereals met the voluntary guidelines proposed by the federal Interagency Working Group on Food Marketed to Children. This was a panel of federal nutrition scientists and marketing experts who were convened by Congress in response to the current childhood obesity epidemic. Interestingly, 67% of cereals tested were above the sugar recommendation and over 30% were not predominantly whole grain.

To put this in perspective, 3 popular cereals (Kellogg's Honey Smacks®, Post Golden Crips® & General Mills Wheaties Fuel®) contained more sugar than a Twinkie®. In addition, there were 44 cereals that when measured per cup contained more sugar than 3 Chips Ahoy® chocolate chip cookies. These included Honey Nut Cheerios®, Apple Jacks® and Cap'n Crunch®. From this study, it is clear that some cereals should be considered as desserts rather than a healthy and nutritious breakfast.

If your New Year's resolution was to have breakfast on a daily basis, please remember the following tips:

- (1) Read food labels so you know what you are eating.
- (2) Include good amounts of protein and fiber in your breakfast.
- (3) Include fruits and/or vegetables.
- (4) Avoid foods that are fried, sugar coated, jelly filled, or contain high amounts of sodium or saturated fat.
- (5) Don't believe that you must have "breakfast foods" for breakfast. Sometimes having a regular healthy sandwich or healthy dinner left-overs for breakfast is not only convenient but good for you.

The Environmental Working Group's 5 Worst Children's Cereals
(Based on Percent Sugar by Weight)

Kellogg's Honey Smacks®	55.6%
Post Golden Crisp®	51.9%
Kellogg's "Froot" loops Marshmallow®	48.3%
Quaker Oats Cap'n Crunch's OOPS! All Berries®	46.9%
Quaker Oats Cap'n Crunch Original & Oh!s®	44.4%

Olivia Moses, DrPH
Administrator, Wellness Program

Wellness Bulletin

• If you would like to join the Living Whole "Paging My Health" program and receive short health messages (up to once a week) to your 2- way pager, please call extension 14007.

• Would you like to stop smoking? Call the Living Whole Employee Wellness Program at extension 14007 to find out about the BREATHE program. It is a confidential 4- week one-on-one tobacco dependency treatment program that is FREE to all benefit-eligible employees. Quitting may be one of the most important things you do for your health—and we would like to help!

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Adventist Health System. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information and advice promoting a healthy lifestyle among the employees of Loma Linda University Adventist Health System corporate entities, as well as publicize past and upcoming events and activities. ©2012 Loma Linda University Adventist Health System. All rights reserved.

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