



Living Whole

Employee Wellness Program

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SPIRITUAL HEALTH

The children of Israel had been in the desert for 40 years and now it was time to enter the Promised Land. Once again, God gave them dry land through a river-bed while over one million people crossed the Jordan River. After everyone was on the other side, Joshua asked one person from each tribe to go back to the middle of the river and pick up a stone. Those twelve stones were then used to build an altar. I suspect it was lopsided and a little strange looking, but that was the point! God wanted children and other people to see that pile of ordinary rocks and ask, "What are those stones?" That would give the Israelites the opportunity to share what God had done for them.

We haven't all had miracles like a river crossing in our lives. But each of us has been blessed by the hand of God. All too often, we keep the stories to ourselves. What an encouragement we could be to each other if we resolved to tell our stories. It may be an answered prayer, or a beautiful sunrise, or a mended relationship. Share your story and inspire those around you.

Kathy McMillan, MA
Director, Employee Spiritual Care

EMOTIONAL HEALTH

How can someone tell whether or not their relationship is healthy or unhealthy? This is a question often asked by individuals, couples, and families attending counseling sessions. They want to know how to tell whether or not their important relationship will make it.

What makes a relationship healthy may not be easy to determine. All intimate relationships, like marriages and families, are unique and follow their own special recipes for health. Healthier relationships, however, probably share some common characteristics. Healthy relationships are more likely to tolerate and adapt to changing circumstances. They can reinvent themselves as needed to change as members grow, become more independent, and eventually leave the nest. Conflict and imperfections are allowed within such relationships. Healthy relationships are more flexible. They have clear boundaries which permit an open exchange of information with the outside world, yet keep members safe from threats and dangers.

Healthy relationships are respectful of members' thoughts and feelings. They create safe places where vulnerability is permitted. These relationships accept the whole range of human emotion possible when people come together. Feelings can be experienced and expressed in respectful, healthy ways that create stronger connections. People can take chances and make discoveries about themselves and their place in the world. They can develop their style for relating to others and stretch as individuals. Healthy relationships support individuals to go beyond their personal limits. People become more of who they are within healthy relationships as they learn to live with and respect others.

Healthy relationships can be found in faith communities, professional settings, and work environments. You can personally make significant

contributions to nurturing and creating healthy relationships in settings important to you by first being open to receiving input and feedback from those around you. You can encourage this trait in others as well. Second, you can respect the thoughts and feelings of others. This can be challenging at times, but goes a long way to supporting environments in which people feel safe. Finally, you can support people to stretch and grow by making risking vulnerability acceptable and safe within your context.

Randall Walker, MS, MFT
Director, CFS Clinic at the BHI

PHYSICAL HEALTH

Health is a journey. To be successful in this journey we must continually assess our situation and make changes and adjustments. Sometimes those changes are relatively easy, but sometimes they are quite difficult. This is true whether the change involves eating better, becoming more active, getting better rest, connecting more to others, or whatever health behavior needs improvement.

To be successful in getting to the next place of better health there are three perspectives that are useful to acquire. Let's choose "I need to sleep 8 hours each night" as an example of a health change that needs to occur, and look at how three different perspectives can help us improve our health journey.

The first perspective comes to us from the science of motivational interviewing (MI). The core of MI is recognition that to a large extent each of us knows inside ourselves what is best for us. Using this to help us get to 8 hours of sleep each night might have us contemplating a list of things we need to change to sleep better, and choosing the option that is most reasonable for our particular personality and lifestyle.

The second perspective comes from the science of cognitive behavioral therapy (CBT), the core of which emphasizes the value of taking small, doable steps towards our larger goal. Using CBT for sleep might have us choosing to initially go to bed 15 minutes earlier every night, gradually increasing this to a goal of 1 hour of extra sleep each night compared to our current sleep.

The third perspective comes to us from the science of positive psychology (PP). The core of PP emphasizes building on our strengths rather than our weaknesses. Again, applying this to our sleep patterns, rather than focusing on our sleep challenges, we would think about the full or partial nights we slept really well and emphasize to ourselves the things we do extremely well as far as focused rest.

So, in summary, trust yourself, take small steps forward, and congratulate yourself on all the things you're doing right. Try it on sleep, or on any other significant challenge that is in front of you. As you go through the holiday season, these perspectives should help you get to your next in life.

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

POMEGRANATE PISTACHIO COUSCOUS



Ingredients:

1 ½ cup water
 ¼ tsp. ground cinnamon
 1 cup whole wheat couscous
 2 tsp. chopped cilantro
 2 tsp. chopped unsalted pistachios
 ¼ cup pomegranate seeds
 2 tsp. lemon zest
 1 tbsp. extra virgin olive oil
 ⅛ tsp. salt

Nutrition Facts

Serving Size ¾ cup (170g)
 Servings Per Container 4

Amount Per Serving

Calories 260 Calories from Fat 60

% Daily Value*

Total Fat 6g **9%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 45g **15%**

 Dietary Fiber 8g **32%**

 Sugars 3g

Protein 9g

Vitamin A 2% • Vitamin C 6%

Calcium 4% • Iron 10%

*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



Living Whole Announcements

- 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.
- Please visit “Wellness Way” located on the 2nd floor (between Radiology and the Pediatric Dialysis Unit) in the Loma Linda University Medical Center. The hallway displays our executive leadership and employees who have been awarded a Living Whole Honor.
- Please visit our VIP page to learn about Partners in Prayer.

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NUTRITIONAL HEALTH

Traveling can be synonymous with the holidays. With so many families spread out across states and countries the holidays can be a time of airplane rides and road trips. The holidays already challenge healthy nutrition but when adding travel eating to the equation we can definitely find ourselves in unhealthy territory.



Here are a few tips to help you travel through the holidays a little healthier.

- (1) Remember that when you reach your final destination you will probably have plenty of food waiting for you. Try to make healthier choices on your way there like leaving out the fries and the soda.
- (2) It is likely that when you reach your destination you will have many of your favorite items, so don't waste calories on things you do not really like or enjoy. Stick to the items that make your mouth water and leave everything else alone.
- (3) For long road trips pack snacks such as nuts, dried fruit and baby carrots. This will keep you satisfied and you will not have to make as many stops. Plus you will not be as tempted to buy snacks at the gas station convenience store.
- (4) Pack a peanut butter sandwich or hummus wrap if you are going to be flying. Most airports and airplanes do not have a variety of healthy food options. In addition, the food is expensive. Pack a banana or nuts to hold you over until you reach your destination. If you have to buy food, stick to the package of nuts at the magazine store, the fruit cup or oatmeal at the coffee shop.
- (5) Always, always, always drink water.

Traveling does not have to be bad for your health. It only takes some small changes to your regular travel routine and you will fly or drive your way right into better health!

Olivia Moses, DrPH
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