



LOMA LINDA UNIVERSITY
HEALTH

Living Whole

Employee Wellness Program
FALL NEWSLETTER 2013 | VOLUME 8; #3

SPIRITUAL HEALTH

What are you most thankful for?

Throughout Scripture a line that is often repeated is *“O give thanks to the Lord, for He is good; for His steadfast love endures forever!”* The Psalmist reminds us that our thankfulness should come from our acknowledgement that God is good. We experience this goodness in the breaths we inhale or the beautiful sunrises and sunsets each day. We experience this goodness through the laughter of children and the kindness of strangers. This ability to recognize God’s goodness is often questioned when we go through painful times, yet, when we look back, we can often see God’s loving support and comfort surrounding us. Despite the rough encounters, we can often concede that God is indeed good! The Psalmist also tells us that our gratitude is not only based on God’s goodness, it is strengthened by the acknowledgement that God’s steadfast love endures forever. What is this steadfast love? In Hebrew the word *chesed* is translated in the English language as steadfast. There isn’t one word in the English language that can adequately convey the true meaning of *chesed*. It can be translated as kindness, goodness, loving kindness or favor. Our thankfulness is anchored in the knowledge that God’s goodness, loving kindness, favor — His love endures for eternity. There is no situation that you have experienced or will experience where God is not present. In another psalm David writes that there is no place on this planet that we could go to escape the presence of God.

Take some time as we approach this season of Thanksgiving and identify the ways God has extended His goodness and love towards you. *Give thanks to the Lord, for He is good!*

Dilys Brooks, MDiv, MS, MA
University Associate Chaplain

¹The Holy Bible: New Revised Standard Version. 1989 (Ps 107:1). Nashville: Thomas Nelson Publishers.

MENTAL HEALTH

The year winds down and we are heading into the holiday season. The holidays — with all the business, get togethers, family gatherings and celebrations — can be an incredibly stressful time.

Stress can come from memories of less happy times with family members. Stress can come from financial burdens associated with gift giving and budgets stretched beyond the breaking point. Stress can come from dietary changes and disruptions to routine. Stress can come from being even more busy than normal as we try to fit one more event onto an already crowded calendar. Unmanaged stress and business can spoil the holiday season and start the new year off on a sour note.

Coping with holiday stress can be accomplished by following some simple strategies. First, set reasonable expectations about significant relationships. Expecting long-standing conflicts to suddenly resolve themselves because of a special time of the year may add to stress. Second, if you must have contact with those with whom you experience ongoing conflicts, consider the “sandwich approach”. Sandwich a potentially stressful activity (dinner with the in-laws) between two positive activities (time at the gym and a massage). Third, it’s okay to take a break from all the hectic activities. Finding a quiet time and place to relax and rest can make dealing with all the festivities more bearable. What about a walk on your favorite beach or spending time reading a favorite story? Finally, recognizing and admitting just how stressful some holiday traditions and activities can be can also take a lot of pressure off. Nothing is more exhausting than trying to hide true feelings. Having someone to reach out to for support when dealing with challenging situations and family members can make the holidays manageable and reduce stress.

Being willing to practice some simple self-care strategies can reduce pressure associated with the year’s end. With some intentional planning the holiday season can be a time to truly celebrate and make new memories.

Randall Walker, MS, MFT
Director, Counseling & Family Sciences Clinic
Loma Linda University Behavioral Health Institute

PHYSICAL HEALTH

Improving Performance

“Taking care of the body is taking care of business” is a core mantra for workplace wellness. Out of this comes the concept of the “corporate athlete”, based on the premise that employees who are healthy can perform better than those who are not. Corporations can achieve as much as a 12% increase in productivity when “corporate athlete” programs are implemented and compared to routine executive management.

Corporate athletes are most successful when they implement three principles: First, they train by pushing themselves hard. They must move periodically past their comfort zone to stretch and grow their abilities. Second, they build in periods of rest and recovery. For our bodies to maximally perform we must honor the need to store and build energy. Third, they develop their growth and recovery regimens in the context of others. Individuals who try to go it alone are not as successful as those who work together as a team.

So, push yourself hard — attempt to exercise at least 30 minutes at least five times every week. And build in periods of rest and recovery

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— make sure you get 7-8 hours of sleep every night, and create quiet downtimes for 15-20 minutes once or twice each day. Finally, be accountable to others. Join a walking or running group, and share with your co-workers how you're doing as far as building recovery periods into your life.

Achieving one's best is not about constantly pushing to the maximum. It's also about balance that allows growth and recovery, and then more growth and recovery as ongoing cycles.

Wayne Dysinger, MD
Chair, Preventive Medicine Department

NUTRITIONAL HEALTH

Food is used for holiday celebrations, for comfort, to pass the time and for just plain enjoyment. The truth is that food is medicine for our bodies. Over the years we have come to believe that the food we eat is largely for our pleasure and slightly for our health. However, our experience with food can be both pleasurable and healthy. Food *can* be fun and enjoyable medicine for our bodies. Until we come to embody that in the choices we make, here are a few tips to get us started:

1. Eating bad food does not make you a bad person. Too many times individuals are convinced that they are bad people because they are not making the healthiest choices. You are doing the best you can; if you could truly do better you would. Guilt only serves to entrench you in the behavior you are trying to avoid.
2. It is much easier to add a food group than to remove a food group. Too many times when we approach our food choices we think of what we should limit. How about thinking of what we can add? We can add vegetables to our meals. We can add water to our drinks. As we add healthier options, we will naturally eat less of the less nutritious foods.
3. Introduce change s-l-o-w-l-y. Pick a new vegetable once a month. If that proves too much, then try a new vegetable once every three months.
4. Recommendations: Use these recommendations to inspire you. According to the Department of Agriculture, make half your plate fruits and vegetables. For details check: <http://www.choosemyplate.gov/food-groups/>
5. Have fun and share the fun! Have children help you create colorful meals as you experiment with different food groups. Share the creative meals with those you love.

Mercy Kagoda, MD
Preventive Medicine Resident

AUTUMN CHOWDER



Nutrition Facts

Serving Size 1 1/2 cup (340g)	
Servings Per Container 10	
Amount Per Serving	
Calories 190	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 38g	13%
Dietary Fiber 6g	24%
Sugars 7g	
Protein 7g	
Vitamin A 90%	Vitamin C 30%
Calcium 6%	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	

INGREDIENTS:

- 1 tbsp. extra virgin olive oil
- 1 onion, diced
- 1 tbsp. all purpose flour
- 32 oz. low sodium vegetable broth
- 4 red potatoes
- 2/3 cup soy milk, plain
- 2 cup frozen corn
- 1 cup frozen peas
- 2 cup fresh carrots, chopped
- 2 garlic cloves
- 4 tbsp. nutritional yeast flakes
- 1/4 tsp. cayenne pepper (optional)
- 1/2 tsp. salt
- 1 tsp. ground black pepper (optional)

DIRECTIONS:

1. In a large saucepan over medium high heat add olive oil and sauté onion about 5 minutes, until tender.
2. Mix in flour, coating the onion. Add broth and bring to a boil, whisking constantly until smooth.
3. Reduce heat, add potatoes and simmer 20 minutes until tender. Slightly mash potatoes in soup, then stir in corn, peas, carrots and soy milk.
4. Cook another 5 minutes, remove from heat.
5. Season with salt and pepper (optional).



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.
- Are you ready to loose weight? Join the Living Whole Say NOW (No to Overweight) Program and let us help you reach your goals. This program is ultimately FREE for qualified employees. Call x14007 today!

Living Whole is a quarterly newsletter produced by the EMPLOYEE WELLNESS PROGRAM, part of the DEPARTMENT OF RISK MANAGEMENT, Loma Linda University Health. It serves as a communication tool for the EMPLOYEE WELLNESS PROGRAM office to provide information promoting a healthy lifestyle among the employees of Loma Linda University Health corporate entities, as well as publicize past and upcoming events and activities. ©2013 Loma Linda University Health. All rights reserved.

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