

LIVING WHOLE

Wellness Program

NEWSLETTER

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SPIRITUAL HEALTH

He was a young pastor trying to figure out his calling and profession. He desperately wanted to bond with the church members of his very first church after seminary. His head was bursting with all of the theological truths that he needed to proclaim. The young pastor's church administration arsenal of skills were ready to be deployed. On the bookshelves in his tiny office stood row after row of church growth strategies, sermon preparation aids and all of the other tomes that every young pastor should have. He was ready! Well ... he thought he was ready. His script was all laid out.

How many times in our lives do we think we are prepared for its ups and downs because we have an educational understanding of how things work? It is as if all of us are professional scriptwriters at a Hollywood studio, busily writing the life script for ourselves and for the people in our lives. Your parents wrote one for you. You have written one for yourself. If you are married, we KNOW you have written one for your spouse! And children? What parent has not written out the perfect plan for their child's life?

But stop and think about it for a moment. What script that was written for you or what script that you have written for someone else has been followed exactly? For that matter, how many of them have even come close?!

Well, back to that pastor's little church. The fact of the matter was that his script for ministry was pretty much useless. What that community needed was to understand the love of Jesus for each of us and how He wants to live that love out in all of the relationships of our lives. Because, when it is all said and done, the only Scriptwriter is Jesus. He is the one that has laid out our journey — every step. And the best news is that He never leaves our side throughout our journey. Every day is a new beginning. Every day our journey begins again. Every day He provides us and empowers us for what we will encounter. New beginnings.

*Terry Swenson, PhD
University Chaplain
Loma Linda University*

EMOTIONAL HEALTH

Anger is a powerful emotion, which arises in close, intimate relationships. Feeling anger is a normal part of the human experience. People generally feel anger when they experience injustices, threats or pain from having an emotional wound bumped. Although anger may be experienced toward strangers, anger causes the most problems when it emerges in valued relationships — like friendships, families and work.

Managing anger is a skill. Some people are better at it than others. It is a mistake to assume denying anger will make it go away. Ignored anger has a way of resurfacing indirectly in snarky comments and hostile actions — sometimes referred to as passive-aggressive behavior.

The following guidelines are offered as practical suggestions for handling angry feelings positively.

- **Recognize the experience of anger.** What does anger feel like? Where is anger felt in the body? What does anger look like? Surprisingly, some people who experience difficulty managing anger are unable to recognize anger's signs and symptoms. They react angrily — often surprising others and themselves — without fully comprehending how angry they are. Being able to recognize the experience of anger significantly contributes to more effectively managing angry feelings.
- **Explore what triggered the anger.** Although anger may seemingly suddenly appear out of nowhere, there are usually precursors to angry feelings. Anger may be triggered by unrealistic expectations, rushing, exhaustion or patterns of thinking. Identifying anger's triggers may help one to anticipate when anger will surface and permit planning productive outlets.
- **Use anger as a motivator.** Anger often motivates people to make important changes in life, relationships and circumstances. Anger, like other intense emotions, may signal, "It's time for a change!" Anger may provide the energy necessary to get up and start moving in the direction of change.
- **Responsibly and appropriately communicate anger.** Sharing anger with a person who hurt or offended you gives the person an opportunity to change and ultimately heal the breach in the relationship. Talking about anger with a neutral person may permit time to cool down and consider more positive responses.

Learning to positively manage anger is ultimately more realistic than trying to eliminate anger entirely.

*Randall Walker, MS, FMT
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PHYSICAL HEALTH

How many days out of the week do you come home from work feeling really exhausted and just plain worn out? If it seems to be the norm rather than the exception, fatigue may be getting the best of you! Lets look at several of the reasons why you might feel fatigued and what you can do to resolve the problem.

- **Sleep:** take a close look at the number of hours and the quality of your sleep. Be sure to get 7-8 hours every night, make sleep a priority, keep a regular schedule and exercise 2-3 hours before going to sleep. If you snore or find yourself waking frequently, you may have reduced quality of sleep due to sleep apnea. Talk with your physician about having a sleep study.
- **Anemia:** anemia is a leading cause of fatigue among women. When menstrual flow is heavy or prolonged, iron deficiency anemia can occur and lead to impaired oxygen delivery to your tissues and organs, resulting in fatigue. You can combat anemia by addressing the excessive blood loss with your physician, eating iron rich foods such as beans/legumes and taking iron supplements, if recommended by your physician.
- **Depression, anxiety and stress:** fatigue can be a common symptom of depression, anxiety and/or stress. Stress can come in many forms, so being alert to its presence is the first step in alleviating the problem. You may find that starting a regular exercise program, prayer and meditation or connection with a friend/loved one can all be effective means of managing these mental health concerns. If you feel that you have been sad or down for more than a few weeks, talk with your physician.
- **Hypothyroidism:** the thyroid gland controls many functions in your body including your metabolism and if it is not functioning well, you may feel fatigued and gain weight. If you believe this may be a concern for you, see your physician, who can order a simple blood test to analyze your thyroid function.

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NUTRITIONAL HEALTH

Old habits are hard to break. With the holiday season behind us, the new year is the perfect time to make dietary changes to improve your health for 2015! Making changes does not necessarily mean "dieting". In fact, research shows that most diets do not work over time. Instead, focus on developing long lasting nutrition habits that will improve overall health. Let's start with the basics:

- **Eat breakfast.** Most people do not eat breakfast because they are not hungry in the morning. Why? Too much late night snacking. By not eating 2-3 hours before bedtime, you will feel hungry in the morning for a healthy breakfast of oatmeal or whole grain cereal. Studies show that breakfast can be important in maintaining a healthy body weight.
- **Do not drink your calories.** Drink more water. By limiting juices and soda, you can greatly reduce your total calories consumed. Studies show a connection between increased consumption of sugar-sweetened drinks and higher rates of weight gain. Instead, save your calories for food items that provide some nutritional benefit.
- **Practice portion control.** Take the time to check and see how much a serving size is for what you are eating. You might be surprised that a single serving is a lot less than what you expected. By counting out individual servings instead of eating by the handful, you will have greater control over how many calories you are consuming.
- **The best defense is a good offense.** Stock your fridge with healthy snack choices such as fruits, vegetables, whole grain breads, cereals and crackers. Save dessert items for when you eat out or for special occasions. By limiting the unhealthy snacks you bring into your home, you allow yourself to make healthier choices based on what is available.

The bottom line: eating healthy is not hard to do. Eating healthy is a choice. For 2015, focus on the basics and make nutrition a priority. A healthier you awaits!

Margie Carson, RD
Director of Clinical Nutrition
Loma Linda University Medical Center

SWEET POTATO THINS



INGREDIENTS

- canola cooking spray
- 14 oz. sweet potatoes (peeled and very thinly sliced)
- 1/8 tsp. sea salt (optional)
- 1 clove garlic, minced



DIRECTIONS

1. Preheat oven to 375 degrees. Spray a cookie sheet with canola spray.
2. Place thinly cut potato slices in a single layer on the cookie sheet and spray with cooking spray.
3. Sprinkle with salt and minced garlic.
4. Bake, turning once if necessary, until potatoes are cooked through. (The time will vary depending on thickness).

Nutrition Facts

Serving Size 1/2 cup (134g)			
Servings Per Container 3			
Amount Per Serving			
Calories 100	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 170mg	7%		
Total Carbohydrate 24g	8%		
Dietary Fiber 4g	16%		
Sugars 7g			
Protein 2g			
Vitamin A 120% • Vitamin C 30%			
Calcium 2% • Iron 4%			
*Percent Daily Values are based on a diet of 2,000 calories.			
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 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 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. ©2014 Loma Linda University Health. All rights reserved.

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