



Spiritual health

Take a deep breath These words are sometimes used to encourage us to de-stress a little. In the middle of a busy life, it is often helpful to pause and breathe deeply.

Summer gives us an opportunity to do that. School is out, vacations are planned, and there are long evenings that beg for a glass of lemonade by the pool.

Imagine a deep breath that takes in the scent of your favorite rose, or freshly-baked bread, or a rainstorm.

While we are focused on the wonderful aromas, the air that enters our body is working a miracle of its own.

God created us so that oxygen enters the lungs and moves into the blood stream through the alveoli, after which it travels to the heart and is pumped to

the rest of the body.

Without our awareness, the gift of life is delivered to our bodies' cells.

Just as our bodies need oxygen from the air around us, our spirits need to be supplied as well.

Many are familiar with the contemporary Christian song "Breathe."

*This is the air I breathe.
Your holy presence living in me.*

As we become friends with God, we invite His Spirit to enter our lives and do His work.

Paul says that through God's Spirit, we are transformed (2 Corinthians 3:18). "God is working in you, giving you the desire and the power to do what pleases Him" (Phillippians 2:13).

As we breathe in God's Spirit, He

gives us strength and power to be more like Him. May we breathe deeply of God's goodness this summer!

Kathy McMillan, MA, director

Employee spiritual care & wholeness, LLUMC

Nutritional health

The summer has arrived and all the festivities that come with this time of year are in full swing. The vacations, family gatherings, road trips, and barbecues are synonymous with this time of year.

Unfortunately, high fat and high calorie foods are also synonymous with these events.

However, there are many summer favorites that can be prepared with a new

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Mental health

For many, summer may be a favorite time of the year. Summer may also be a time filled with unexpected feelings—boredom, isolation, loneliness, and homesickness.

Time away from school and friends may be hard on children. Summer may therefore offer parents unexpected opportunities to coach their children's emotional intelligence.

Children learn what to do with their feelings and the feelings of others through their experiences growing up in families.

John Gottman, PhD, a prominent researcher in Seattle, suggests five elements for successfully coaching a child's emotions:

- © **First**, be aware of your child's feelings. Do you know what is going on emotionally with your child? Can you identify what your child is feeling?
- © **Second**, see your child's emotional

expression as an opportunity to teach and connect with your child. A child's complaints about being bored and having nothing to do can be a chance for teaching a valuable lesson about dealing with uncomfortable emotions.

- © **Third**, listen empathetically to your child and validate his/her feelings. Some parents find themselves being emotionally triggered by their child's feelings. A parent who listens respectfully, while trying to understand the significance of a child's feelings, makes a significant contribution to the child's future well-being.
- © **Fourth**, work with your child to label feelings in ways they understand.

- © **Fifth**, problem solve with your child to help him/her deal positively with difficult situations and emotions.

Research shows emotionally intelligent children do better in many areas of their lives.

I invite you to use the special time of summer to coach your child to be a more whole person in the future.

Randall Walker, MS, MFT, director

LLU Marriage & Family Therapy Clinic



Physical health

It's summer time, which means more time in the sun. But what is the right balance of sun exposure, and what should we be thinking about as we try to adequately protect ourselves from too much sun?

Sun Protection

- ☉ Use sunscreens with SPF of at least 15
- ☉ Reapply sunscreens every two hours
- ☉ Apply sunscreen before make up or bug spray

Nutritional health *Continued*

twist that can save you from some unwanted summer pounds (see table).

If you're looking for healthy strategies for an upcoming gathering, try these tips:

- ☉ Water, water, water ... Drinking water will save you a lot of calories when compared to other drinks.
- ☉ Do not arrive hungry ... When we are hungry, we do not think clearly and we will eat whatever is in front of us—and lots of it. Try eating a salad or some fruit before you arrive.
- ☉ Chew on it ... Once you have eaten till you are satisfied, throw your plate away and pop in a piece of gum. This will save you from mindlessly grazing on high-calorie snacks like chips that are left out during the entire event.

High calorie

Corn on the cob with butter or mayo
Cabbage coleslaw with mayo
Potato salad with mayo
Mayonnaise on burgers
Regular potato chips
Ice cream

Lower calorie

Corn on the cob with lime, salt, and cayenne powder
Cabbage or broccoli slaw seasoned with apple cider vinegar and apple juice
Grilled potatoes seasoned with dill, garlic, and onion
Hummus, black bean spread, grilled pineapple, grilled vegetables, or salsas
Baked plantain chips, baked whole-wheat tortillas cut into triangles, or Popchips
Fresh seasonal fruit, grilled pineapple, or all-fruit popsicles

Strawberry banana tofu smoothie

Calories 160; total fat 2 g; saturated fat 0 g; sodium 25 mg; cholesterol 0 mg; fiber 3 g; serves 3 (213 grams per serving, just under 1 cup)

½ C soft silken tofu
1 C fresh strawberries, sliced
½ C light vanilla soy milk
1 large banana, sliced and frozen

- ☉ Use water-resistant sunscreens
- ☉ Avoid using sunscreen/bug spray combinations (they can't be reapplied every two hours)
- ☉ Wear sunglasses that block both UVA and UVB light
- ☉ Wear a wide-brimmed hat
- ☉ Wear tightly woven long-sleeved clothing

First, a reminder ... sunshine does have value. It brings with it increased

☉ Bring something ... If you bring a dish or two, you will know that there is something available that will not sabotage your goals.

☉ Go vegetarian ... Instead of meat patties for your burgers, try grilled portobello mushrooms, grilled squash, and other vegetables, pecan patties, or other meat substitutes.

The summer does not have to be a time when we give up our goals of healthy eating or weight loss.

The summer can be taken as a great opportunity to move toward our goals and feel great!

Olivia Moses, DrPH, administrator

*LLUAHSC employee wellness program
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serotonin, which decreases depression and increases our sense of well-being.

It is also an important source of vitamin D, which helps to protect our bones and may be protective against certain types of cancer and heart disease.

So the goal is ensuring healthy sunshine—not elimination of sun exposure. Healthy sun exposure considerations include exposure before 10:00 a.m. or after 4:00 p.m. when the sun is not as intense, and limiting exposure to no more than 15- to 20-minute blocks of time.

When out in the sun more than 15 minutes, remember the tips for sun protection. If you usually get a sunburn after 10 minutes of sun exposure, an SPF of 4 gives you 40 minutes of sun exposure prior to burning.

If you do get sunburned, apply cool compresses to the sunburned area, and always watch your skin for moles or spots that are changing in size or color.

Enjoy your sunshine this summer—carefully!

Wayne Dysinger, MD, chair

LLUSM department of preventive medicine

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 49721.
- **Would you like to stop smoking?** Call the Living Whole Employee Wellness Program at extension 49721 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!



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