

Spiritual health

Have you ever tried to fly a kite on a day with no wind? You expend a great deal of energy running around, hoping desperately that the kite will take flight. It may rise a bit while you are running your fastest, but as soon as you stop, it sinks to the ground. It's exhausting!

By contrast, flying a kite on a windy day is great fun.

With very little effort, one gets huge results. The kite soars as the breezes ebb and flow. You can sit on the beach and visit with friends while the kite tugs at your string from 50 feet in the air.

There are times when life is pretty exhausting. Sometimes it feels like we're

Mental health

Valentine's Day is coming! It seems like decorations went up before Christmas was really over. With it comes lots of talk about love and lots of misconceptions. One common myth is that love's opposite is anger. Anger is the last thing people focus on with all this talk about love. Surprisingly, love and anger may go together.

Current brain research reconfirms the importance of emotions, which figure prominently in everything from decision-making to relationships to recognizing people important to us. Our ability to accurately recognize, reflectively experience, and clearly communicate what we feel figures significantly in how our most important relationships are formed and maintained.

What about anger though? Anger, like any emotion, is neither right nor wrong, good or bad. What may happen, however, is values, beliefs, and misconceptions get superimposed on anger making it almost impossible for people to clearly communicate what they feel, let alone recognize or

trying to fly a kite on a day without wind. We put in great effort, but get little in return. We're tired ... we're anxious ... we're worn out from the endless running.

But it doesn't have to be this way! Jesus explained to Nicodemus that the Spirit is like the wind. We can hear it and feel it, but we can't always tell exactly where it's coming from. When our lives are filled with God's Spirit, there is joy ... and hope ... and results!

Rather than scrambling frantically to prove ourselves, we can rest, knowing that the wind of God's Spirit will energize us and give us the results we truly need.

Kathy McMillan, MA, director

Employee spiritual care & wholeness, LLUMC

understand it. People often "sit" on anger thinking to do so is better than telling others what they really feel. Like any emotion that is held onto, anger has the ability to motivate actions in indirect ways and in directions we would prefer not to go. Sometimes not communicating anger clearly, directly, and appropriately may actually lead to increased conflict.

Love and anger go together in a way. Loving relationships make room for the appropriate expression of anger. Those in loving relationships express anger appropriately. Sometimes love includes communicating anger to a one loved. Current relationship research shows communicating anger clearly and hearing a partner's anger accurately creates congruence and an atmosphere for a truly loving connection.

So this Valentine's Day think about making room for anger in that great big gift of love.

Randall Walker, MS, MFT, director

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Nutritional health

Eat your roughage! You may have heard that statement when you were a kid. After all these years, it seems that the food industry is taking that advice. We're seeing fiber added to everything, from cereal and granola bars to orange juice, yogurt, and soy milk. But why? What is the commotion regarding fiber all about?

The benefits of fiber actually go beyond keeping one regular. Fiber also lowers blood cholesterol levels, helps control blood sugar levels, aids in weight loss, and helps maintain the actual integrity of the bowel. Even with all the known benefits of eating fiber, the average American intakes half of what is recommended for a healthy diet. The current recommendation is 20–35 grams of fiber per day; yet the average American only gets 10–15 grams. Additionally, experts from the Lifestyle Center of America who authored *The Full Plate Diet* recommend 40 grams or more per day for weight loss.

This may seem overwhelming or even impossible but it is actually quite easy. For some, it is as easy as adding some whole grains, fruits, vegetables, or beans to their diet.

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Physical health

Some work environments—including offices within Loma Linda—incorporate physical activity into the organizational routine. A recent study in the *American Journal of Preventive Medicine*¹ looked at 2,720 articles that studied this approach to health, and summarized whether these short-interval (less-than-10-minute) bouts of physical activity had a significant health influence. The findings are summarized in table 1, “Outcomes of short bouts of physical activity at work.”

There are clearly a multitude of desirable outcomes. What specifically was done to achieve them varied significantly from study to study, but examples were to develop a 10-minute group flexibility, strength, and physical activity break during each work half day, or organize a regular 10-minute route-based walking group during the work day.

Nutritional health

Adding whole foods to your diet is generally better than using fiber supplements, which don't provide the same vitamins, minerals, and other beneficial nutrients. However, some may need to use supplements if dietary changes are not sufficient. It's always important to check with your physician if you feel you

| Food | Serving | Fiber content |
|------------------------------|----------|---------------|
| Raspberries | 1 cup | 8 grams |
| Blueberries | 1 cup | 4 grams |
| Kidney beans | 1/2 cup | 6 grams |
| Pinto beans | 1/2 cup | 8 grams |
| Cooked spinach | 1/2 cup | 3 grams |
| Baked white potato with skin | 1 medium | 5 grams |
| Old-fashioned oatmeal | 1 cup | 4 grams |
| Dry-roasted peanuts | 1/2 cup | 6 grams |

Fiber content collected from the National Fiber Council.

Last-minute chili (low sodium)

Calories 130; total fat 1g;
saturated fat 0g; sodium 510mg;
cholesterol 0mg; fiber 7g.
Serves 6 (243.6 grams per serving; 1 cup)

Two 15-oz. canned black beans, drained, unsalted, fat-free
Two 14½-oz. cans of diced tomatoes with mild chopped green chilies

What does this mean for you? If you work in a group, consider reviewing this data with your supervisor and see if he or she is willing to support activities like those listed. It can make you and your colleagues healthier, happier, and more productive. If you don't have a regular work-related group, consider setting up your own system for including recurring physical activity breaks into your workday.

Our bodies value regular, more sustained periods of aerobic exercise, strength training, and flexibility usually done outside the work environment. Not everyone is able to do the more intense training required to fully incorporate all of these elements. However, as we now see, incorporating a simple physical activity system can have great benefits.

Let's take advantage of this workplace opportunity!

Wayne Dysinger, MD, chair

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need to take fiber supplements.

Two important things to remember when increasing your fiber intake are to drink plenty of water and increase fiber gradually. High-fiber foods are great for your body, but adding too much too quickly can create abdominal discomfort. Therefore, using a gradual method and drinking plenty of water makes an easier transition.

Now let's get healthy and eat our roughage!

Olivia Moses, DrPH
administrator

LLUAHSC employee
wellness program, department
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1½ cup Morningstar Farms Grillers Recipe Crumbles, or other meatless burger crumbles (optional)
3 cloves fresh garlic chopped
1 tablespoon chili powder, or to taste

❶ Combine ingredients in a saucepan and bring to a boil. ❷ Reduce heat and simmer for 5 minutes. ❸ Serve.

Table 1. Outcomes of short bouts of physical activity at work

Improvements in:

- ⌚ Data-entry speed
- ⌚ Data-entry accuracy
- ⌚ Grip strength
- ⌚ Wrist flexion & extension
- ⌚ Fruit and vegetable intake
- ⌚ Perceived health status
- ⌚ Self-efficacy/self-esteem
- ⌚ Job satisfaction/commitment
- ⌚ Concentration
- ⌚ Productivity

Lowering of:

- ⌚ Resting heart rate
- ⌚ Blood pressure
- ⌚ Weight/BMI
- ⌚ Waist circumference
- ⌚ Discomfort in shoulders/back
- ⌚ Fatigue
- ⌚ Stress/tension
- ⌚ Anger/irritability
- ⌚ Depression/sadness
- ⌚ Restlessness

¹Barr-Anderson DJ, AuYoung M, Whitt-Glover MC, et al. Integration of Short Bouts of Physical Activity into Organizational Routine: A Systematic Review of the Literature. *Am J Prev Med* 2011;40(1):76-93.

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 two-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 four-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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