



LOMA LINDA UNIVERSITY
HEALTH

Living Whole

Employee Wellness Program

SUMMER NEWSLETTER 2014 | VOLUME 84



SPIRITUAL HEALTH

Six-year-old Jenny was delighted when her father gave her a silver dollar for her piggy bank. She skipped off to her room to deposit the coin. But just a few moments later, she was back, her face crestfallen. Slowly, she held out the coin.

“Here’s your dollar back, Daddy. I can’t fit it into my bank; it’s full.”

Surprised that she had saved that much money, her dad walked with her to her bedroom where he found that her bank was completely full — of pennies!

Sometimes our lives feel stuffed to the limit. It’s easy to busy ourselves with so many activities that we don’t have time for things that are truly important to us. It’s possible that when we evaluate what is taking our time, we discover we are filling our lives with “pennies” — those things that take up space, but aren’t valuable.

Jesus addressed this when he was visiting in the home of Mary and Martha. While Jesus talked with his friends and disciples, Martha slaved away in the kitchen. She was very busy, doing the things she had chosen to do. Her sister, Mary, wanted to learn from Jesus and stayed with Him and the guests in the other room.

Jesus gently chided Martha on her priorities. “My dear Martha, you are worried and upset over all these details! There is only one thing worth being concerned about. Mary has discovered it, and it will not be taken away from her.” Luke 10:41-42, NLT

It is a timeless principle. We get to choose how we will fill our “bank”. May we always have room for the people and things that are most valuable.

Kathy McMillan
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EMOTIONAL HEALTH

Contemporary research consistently demonstrates the important contribution relationships and social networks make to overall health. If connections play such a key role in wholeness, how do we grow healthy relationships? The following are three suggested actions, which may increase the likelihood we will experience fulfilling interpersonal relationships.

First, develop an ability to reflect on, recognize and acknowledge what is going on inside you. Practice regularly tuning into your inner experience. What is going through your mind right now? What bodily sensations are you aware of? Do you associate specific sensations with emotions or feelings? What names do you give these emotions or feelings? Evidence suggests individuals who are able to

reflect on — passively observe without judgment — their inner experience may be less reactive and, consequently, may have more options available to them, than individuals who are not able to do so.

Second, develop an ability to recognize feelings and emotions in others. Practice identifying what you imagine others are feeling. People may describe their emotional experience in words, but more often many feelings are displayed non-verbally, in facial expressions, tone of voice and body posture. This is not an exact science. There is no way to be certain what a person may be thinking or feeling. However, when we are able to accurately acknowledge what another is feeling, it gives that person the experience of “feeling felt”¹.

Third, use insight into your own inner experience to inform what you imagine may be going on inside of others. Awareness and insight into our own inner experience may contribute significantly to recognizing emotions in others. This is called empathy. Daniel Siegel, MD, noted expert on “interpersonal neurobiology” defines empathy as “...the ability to see the world through another person’s perspective (cognitive empathy) and to feel another person’s feelings (emotional empathy)².” Using empathy to guide our responses to others may increase the chances that these responses will be on target. On target or congruent responses connects us with others and ultimately strengthens our relationship with them.

These suggested steps may help develop and maintain the quality personal relationships which contribute to overall health and wholeness.

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PHYSICAL HEALTH

Take a look around your workplace. Did you know that your chair could be one of the most deadly things there? “Sitting Disease” (or hypokinetic disease) has been in the news, warning us about the harmful effects sitting for long periods has on our body and mind. In our modern, technology-driven, chair-based world, sitting has become our smoking.

Research has shown that sitting too long creates some negative metabolic changes in our bodies. HDL (the good cholesterol), insulin sensitivity, lipase (an enzyme that breaks down fat) and oxygen levels in our brain begin to decrease after sitting for a couple of hours. Risk of death increases by 40% if you sit for 6+ hours per day versus someone who sits for three hours per day.

Structured exercise helps reduce, but **not** totally protect you from the risk from sitting. If you sit all day at work after your morning

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run, you are considered an “active couch potato” and are still at risk for sitting disease.

It’s time for a culture change. As we strive to practice wholeness, here are some suggestions to eradicate sitting disease from your workplace:

1. Every hour, get up out of your chair and walk in place for 1-2 minutes.
2. Studies show that on average, we sit 7.7 hours a day and some as high as 15 hours a day. Calculate your daily risk based on your sitting time juststand.org.
3. Drinking a lot of water results in more trips to the restroom.
4. In meetings, choose a seat that allows you to take standing breaks easily. If you hold meetings, try doing “walking meetings.”

For more ideas, check out websites such as juststand.org.

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NUTRITIONAL HEALTH

Have you noticed there are many terms to describe our groceries today versus 10 years ago? The terms “organic” and “locally grown” are just a few. The attention to eating healthy whole foods is increasing; however, many do not know what these terms actually mean. Below is a list of some common terms.

Organic: The United States Department of Agriculture (USDA) has created national standards for the use of the word “organic.” These foods are produced without antibiotics, hormones, pesticides, irradiation or bioengineering. In addition, adherence to specific soil, water conservation methods and humane treatment of animals is required.

GMOs: The World Health Organization defines genetically modified organisms (GMOs) as organisms in which the genetic material has been altered in a way that does not occur naturally. The technology is often called “genetic engineering” or “modern biotechnology.” This technology is used for many reasons. For example, crops can be produced to resist plant disease caused by insects or viruses.

Free Range: This term is used interchangeably with “free roaming.” Producers must demonstrate to the USDA that poultry has been allowed access to the outside.

Sustainable: The USDA monitors “sustainable agriculture” to ensure that an integrated system of plant and animal production practices are met. The site specific application of this term takes into account long term effects.

Local Food Systems: There is no consensus on the definition of this term in regard to the geographical distance between production and consumption. However, local based marketing arrangements are generally recognized such as farmers selling directly to consumers in regional farmers’ markets.

Super Food: This is a marketing term that is used to advertise foods that have potential health benefits. This term does not have standards that are regulated.

What you eat has a direct correlation to your health. Therefore, isn’t time for you to start eating better? The following resources provide a fun and easy way to increase your fruits and vegetables.

- Orange Grove Farm share: The farm share consists of weekly deliveries of local produce with a number of pick up sites throughout the region. Visit oldgrovefarmshare.com.
- Washington Produce: A wholesale food service company that provides fresh produce and other items whole or chopped, including stir fry and salad kits for your convenience. Visit washingtonproduce.com.

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MINTED HONEY LIME FRUIT SALAD



Nutrition Facts

Serving Size: 1 cup (211g)

110 calories, 0g fat, 0g sat. fat
0g trans fat, 0g cholesterol
30mg sodium, 28g carbohydrate
2g fiber, 24g sugar, 1g protein



INGREDIENTS:

- 1 tsp. grated lime peel
- 2 tbsp. lime juice, fresh
- 3 tbsp. honey
- 3 tbsp. chopped fresh mint
- ½ honeydew, cubed
- ½ cantaloupe, cubed
- 1 pint fresh strawberries, halved and hulled
- 2 cup fresh cubed pineapple

DIRECTIONS:

Stir together the lime peel, juice, honey and mint in a large bowl until combined well. Add the honeydew, cantaloupe, strawberries and pineapple. Toss to combine.

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. ©2014 Loma Linda University Health. All rights reserved.

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¹Siegel, D. J. (2012). Pocket guide to interpersonal neurobiology: An integrative handbook of the mind (Norton Series on Interpersonal Neurobiology) (p. 456). Norton. Kindle Edition.

²Siegel, D. J. (2012). (p. 453).