# LIVING WHOLE Wellness Program NEWSLETTER

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## SPIRITUAL HEALTH

The disciples were huddled in the upper room fearful of the Jewish authorities. Their master had been executed upon a Roman cross. They feared the religious and political authorities might well wish to completely eradicate the followers of Jesus and the movement he had begun.

Now turn to the early stories and homilies of Acts of the Apostles. Immediately an arresting question presents itself: "How is it possible that a little group of fearful followers of Jesus in the upper room – ordinary, fallible, blundering people – became the nucleus of an extraordinary movement that was to turn the world upside down?" The answer is quite simple: Jesus of Nazareth had been raised from the dead! The disciples now realized the Crucified One was the risen Christ! They now realized the eagerly expected new creation had finally dawned (2 Cor 5:17) and they were living in a transformed, new age.

This realization dramatically changed these faint-hearted disciples into bold proclaimers of the resurrection faith. Through word and deed they powerfully "turned the world upside down," declaring that the divine power, which had brought creation into being and had raised Christ from the dead was now available to everyone: "I also pray that you will understand the incredible greatness of God's power for us who believe him. This is the same mighty power that raised Christ from the dead" (Eph 1:19-20 NLT). May each one of us reflect anew on the significance of Jesus' resurrection and the dawn of the new age. May the Spirit empower us to help the men and women – who are enslaved by the power of sin, defeated, battered and disillusioned – to experience the teaching and healing ministry of the risen Christ!

*Leo Ranzolin, PhD*

## EMOTIONAL HEALTH

Have you ever needed to have a difficult conversation with someone at work? These types of conversations can be very stressful and there are many people who avoid them at all costs. Avoiding difficult conversations at work can cultivate poor performance and an environment where excellence cannot be achieved.

The problem occurs when difficult conversations are equated with anger, bad feelings and even shame. However, difficult conversations can actually be constructive, liberating and even create a better working environment.

Here are a few tips that may help you have that difficult conversation.

- **Avoid waiting too long to have the conversation.** Time may elevate the dissatisfaction and create resentment.
- **Avoid looking at the conversation as being difficult.** Looking at the conversation in a negative way can make the conversation more stressful. Try to shift your thoughts to look at it as a positive conversation that will be constructive and beneficial not only for each of you, but for the whole department/organization.
- **Be willing to actively listen.** This can be "easier said than done". Realizing that each person has a specific vantage point and understanding their view point can help in knowing how best to communicate. Listening may even aid you in better understanding the root of the problem.
- **Avoid mirroring emotions.** It is easy to react with the same emotions that you are receiving. However, it is much more effective to stay calm and compassionate throughout the conversation. You will accomplish much more and you have a better chance of deescalating the situation.
- **Before the conversation,** ask yourself what you want the person to feel during the conversation. This will help you think through your approach and aid in the final goal.

Each one of us has been tasked with achieving excellence and creating productive work environments. Is it time to reduce your stress by having a helpful and constructive conversation? Effective communication in a caring atmosphere can not only build relationships but make work much more fun!

*Olivia Moses, DrPH, CHES*
*Wellness Program Administrator, Department of Risk Management*

LOMA LINDA UNIVERSITY HEALTH

# PHYSICAL HEALTH

Spring time is here! This time of year is associated with flowers, certain crops, changes in weather … and allergies! Hay fever, often called "allergies" can cause everything from coughing and facial pain to irritated eyes. If you suffer from hay fever you are not alone. According to the Centers for Disease Control and Prevention 17.6 million adults are suffering with you. Symptoms may occur only seasonally and sometimes they can disrupt our lives all year around. However, there are many strategies that can be used to reduce these inconvenient symptoms.

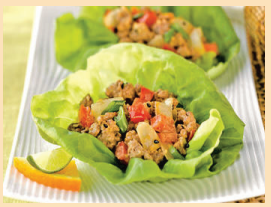
The following are a few simple tips that may help create some relief this allergy season.

1. **Wash your hair at the end of the day.** This will help remove pollen on your hair and avoid it from being transferred onto your pillow.
2. **Take your shoes off when you get home.** This will reduce the pollen you track into your home after a day of being outside.
3. **Bathe and wipe off your pets often.** It is best to keep your pets out of your bedroom and out of the house if possible.
4. **Recirculate the air in your car.** If you are using the heat or air conditioner, hit the recirculate button to reduce how much pollen you are bringing into your vehicle.
5. **Vacuum the house often.** It is best to use a vacuum with a high-efficiency particulate air (HEPA) filter.
6. **Avoid smoking and do not let others smoke in your home.** Smoke can irritate your eyes and the lining of your nose, throat and airways. This could make your symptoms worse.
7. **Do not dry your clothes outside.** Pollen can easily stick to your clothes, towels and sheets.

When simple home remedies do not work, it is always a good idea to partner with your physician to come up with a plan that works for you. Hay fever can be very frustrating and interfere with work and everyday activities. However, with the right help … relief may be in your future!

*Olivia Moses, DrPH, CHES*
*Wellness Program Administrator, Department of Risk Management*

# SESAME TOFU LETTUCE WRAP



**Nutrition Facts**
Serving Size 2 lettuce wraps (148g)
Servings Per Container 4

| Amount Per Serving | |
|---|---|
| **Calories** 140 | Calories from Fat 90 |
| | % Daily Value* |
| **Total Fat** 10g | **15%** |
| Saturated Fat 1g | 6% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | **0%** |
| **Sodium** 420mg | **18%** |
| **Total Carbohydrate** 9g | **3%** |
| Dietary Fiber 3g | **12%** |
| Sugars 4g | |
| **Protein** 5g | |
| **Vitamin A** 80% • **Vitamin C** 60% | |
| **Calcium** 10% • **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

*VEGAN *GLUTEN-FREE

## DIRECTIONS

1. Drain water from the tofu package. Place tofu block between two paper towels and press firmly with both hands. Cube tofu.
2. Mix the remaining ingredients together in a large bowl to make your own marinade.
3. Stir fry the tofu and marinade in a non-stick skillet for 10 minutes or until lightly browned. Let cool. Place the tofu in the center of lettuce leaves and enjoy.

## INGREDIENTS

1 pig (79 g) extra firm tofu
1 tbsp. sesame oil
1 ½ tbsp. rice vinegar
2 tbsp. canola oil
¼ cup low sodium soy sauce
2 tsp. sugar
1 garlic clove
1 tsp. crushed red pepper flakes
2 scallions, thinly sliced
1 ¼ sesame seeds
½ cup carrots, grated
1 tbsp. grated ginger root
1 cup steamed broccoli
8 lettuce Bibb leaves, large

# NUTRITIONAL HEALTH

Most people have heard the saying, "Breakfast is the most important meal of the day." Breakfast literally means "break the fast." When you eat the first meal of the day, usually 8 to 12 hours have passed since your last meal. Research shows breaking an overnight fast with a balanced meal makes a major difference in overall health and well-being.

Eating a nutritious breakfast can improve performance at work and school, boost vitamin and mineral intake, as well as foster a healthy weight. Breakfast makes an important contribution to the mind and body, yet is the most frequently skipped meal. When people skip breakfast, their brains and bodies suffer all day long.

Don't let excuses get in the way of starting your day with a nutritious breakfast. Excuses for skipping breakfast have solutions.

- ***"I'm not hungry in the morning."*** Start with small amounts of food like a piece of fruit or multi-grain toast. If eating breakfast is new for you, give your body a few weeks to get used to the new routine.
- ***"I don't have enough time in the morning."*** In order to fit breakfast into a healthy lifestyle, allow enough time during your morning, plan ahead and make it routine. Stock your kitchen with easy-to-prepare foods such as breakfast cereal, small bagels, whole-grain toaster waffles and fresh fruit.
    - **Get organized the night before.** Make breakfast plans while cleaning up from dinner. Set out bowls and spoons for cereal. Set out a blender for smoothies. Prepare muffins the night before.
    - **Keep breakfast simple**. For example, a bowl of whole-grain cereal with banana slices.
    - **Pack your breakfast to go.** Plan nutritious options to eat on your way like fresh fruit, trail mix and yogurt.
- ***"I will gain weight."*** There is no evidence to support the belief that eating breakfast makes you gain weight. In fact, skipping meals has been shown to lead to overeating at the next meal or with mid-meal snacks.

A nutritious breakfast incorporates a variety of food groups, such as whole grains, fruit and healthy protein to ensure a good combination of nutrients and fiber. Remember breakfast is the fuel your body needs every morning to start your day.

*Jean Sellars, RD, Executive Director*
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Please visit our **NEW** website at:
**http://myllu.llu.edu/livingwhole.**

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. ©2015 Loma Linda University Health. All rights reserved.

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