

On Wellness

Finding a Balance

Are you a person with a lack of enthusiasm, a lack of social interaction, and the inability to find meaning in the work you've performed? Yes? Well, this is the all-too-well-known burnout state caused by stress overload.

Life as a college student is stressful. Big surprise, right?

You've likely heard that stress can hinder a person's health. This is one of the few rumors that you should listen to—it's true.

According to Bill Hettler, a pioneer in innovative ideas for health and wellness, people should not be considered healthy until they balance these 6 areas of their lives:

- **Physical:** fitness, nutrition, and hygiene
- **Emotional:** feelings, emotions, reactions, and expression
- **Occupational:** school, employment, and finances
- **Spiritual:** values, principles, purposefulness, and unity
- **Intellectual:** creativity, critical thinking, and curiosity
- **Social:** relationships, interaction, and healthy independence

Not so coincidentally, stress is one factor that can intrude on any of these 6 categories.

These elements come from Hettler's model of "The 6 Dimensions of Health and Wellness." This model has been adopted by over 110 colleges, including BYU-Idaho, as a way to teach and account for student health.

School is a priority in your life. Not that this is bad, but it's likely you're focusing more on intellectual health than the other 5 areas. Not only have you probably neglected the other elements, but your intellectual aspect of your health will not reach its full height unless all of your health and wellness needs are addressed.

Find ways for you to balance out the work overload and make your life much more meaningful and productive, and take time for you—all of it.

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This wheel represents The 6 Dimensions of Health and Wellness developed by Bill Hettler.



The “I’m Not Creative” Lie By Kristina Thompson

Don’t worry, we’ve all said “I’m just not creative,” but you are; you just haven’t found your outlet. Every human is creative—it’s what distinguishes us from animals.

Have you ever lied, or made up an excuse? This would be Creativity 101, a self-taught class we mastered early. Not that this is ideal creativity, but it is still a creative act.

Think about the math worksheet in 3rd grade you didn’t do. You most likely didn’t tell the teacher you forgot to do it but said something as simple as “my dog ate it” or something extravagant like “there was a herd

of motorcyclists that grabbed my backpack, opened it, and fed it to the homework-eating birds.”

Creativity 110 included doodling on your class notes, and 270 was dressing yourself in the morning. Then 310 involved decorating your apartment, and 450 was getting that cute girl or guy in class to notice you.

By now you should recognize that you are creative, but how do you take these small things and make them more recognizable?

For some, this is definitely more challenging than for others. Creativity doesn’t come in a flash; it’s something

that comes slowly as people take time to foster their gifts.

Elements that limit sprouting creativity are perfectionism, scattered thoughts, relying on others’ opinions, lacking time, restricting experimentation, and so on.

It’s easy for your creative side to get bruised because your creative side exposes your sensitive side, but the best way to meet the approval of others is to not need it.

Walk your path and people will accept it more than if you walked another’s path and failed because it wasn’t yours. Go. Create.



Easing Into Yoga By Susan Anderson

If you ever see me in a set of gym clothes, my best advice would be to take a picture because it rarely happens. At least

that was how I felt until I went to my first yoga class in the Hart.

It had been months—maybe even years—since I had found even a smidgeon of enjoyment in exercise. I discovered that yoga not only gave me the chance to work out my dormant muscles, but to experience a Zen-like state that helped me become healthier. Yoga eased me back into working out with the floor mats, beginner poses, and a quiet atmosphere. And now, I am eager to go back.

Not only was it an easy way to begin toning my muscles, but it was a perfect environment for me to sort out all the stressful thoughts buzzing around my head. I found peace in recognizing that I have a strong body

and mind, and it made me feel like I could get through the semester.

I never thought that I, a person who detested gym clothes, would turn into a gym-goer, but I certainly like the transformation. I feel more in control of my mind and body.

Yoga is the perfect way to coax yourself into hitting the gym. No one bothers you, and everyone is there with the same intent in mind: to take a break from reality and get back in touch with what’s important.

To find a class that best suits your interests, please visit the BYU–Idaho Activities web page to view the free exercise classes and schedules.



Kid Connection By Susan Anderson

The Kid Connection program at BYU–Idaho is one rewarding way to volunteer. College students can spend time mentoring local kids in activities such as dance, wrestling, and computer classes. There’s also math and reading tutoring at Rigby Middle School.

To volunteer, visit the Activities web page on the BYU–Idaho website and sign up. College students plan the activities, and transportation is provided for those who wish to tutor at Rigby Middle School.

If you are interested in taking some time out of your week to

provide service to these students, meet at the Kimball roundabout Mondays from 1:30-2:30 p.m., or Tuesdays, Wednesdays, and Thursdays from 2:30-4:00. You are welcome to contact serviceadir@byui.edu if you have any questions.



Loving Your 9 to 5 By Brittany Ladle

Most college students on campus don't work the typical nine-to-five job, but those three or four hours each day can feel like a full work day.

There are some optimistic outlooks you can have, and some benefits to your gloomy shift at work.

Money: One of the most important reasons you are working is to earn a paycheck. Take some satisfaction in providing for yourself and having a paycheck at the end of each pay period.



Friends: Sometimes the best place to make new friends is at work

because you spend so much time with these people. Take the opportunity to get to know your co-workers. If you find it difficult to get along with them, try paying them a compliment. Looking for the good in someone can always change your outlook on that person.

Accomplishments: Whether you are a secretary, janitor, or food service worker, try to find some accomplishment in your job. Setting goals for yourself and trying to do your very best can help you feel more accomplished and successful. Take pride in what you do and make it great.



Take a Hike! By Ericka Birch

With such great weather outside, there's no reason to continue plodding along on a treadmill. There are so many beautiful hiking venues close to Rexburg that

will fulfill all fitness needs and levels.

For beginners, there are several trails in the Kelly Canyon area, which is a short twenty-five minute drive from Rexburg. Many of these paths are just a mile or two long. You don't have to invest much time to enjoy a workout in the fresh air, surrounded by the beautiful landscape.

There are also plenty of difficult hikes. One nearby option, Table Mountain, draws avid hikers from this area and from outside the country.

Only about an hour and half away, the main trail to Table Mountain offers a twelve-mile hike with an

elevation gain of just over 3,600 feet. A series of tough inclines and easier, more level areas creates a natural opportunity for interval training.

The path crosses over streams and near waterfalls, through beautiful meadows, and over unique rock fields. Hiking this path provides a very challenging workout in the open air.

Wherever you choose to hike with your friends, be sure to do it safely. Always go with a group and research your trail before you go. With the right preparation, hiking can add a lot more fun to your workouts this summer.



A Modest Summer By Kim Summers

The summer is my favorite time of the year, especially in Rexburg. The snow finally melts and the wind ceases. It's finally time to put away my boots and coats and dress in sandals and shorts.

With summer come shorter hemlines and sleeveless tops, and it's hard to keep your standards high with the higher temperatures, but being modest and fashionable can be easy for anyone who makes the effort. The *For the Strength of Youth*

pamphlet states: "Never lower your dress standards for any occasion. Doing so sends the message that you are using your body to get attention and approval and that modesty is important only when it is convenient."

Don't let yourself be taken over by the heat this summer. Modesty can definitely be fashionable and with a little prayer and hard work you can stay fashionable this summer. Here are some ways to keep modest and fashionable:

- Instead of shorts or tight pants, switch to long flowing skirts or knee-length skirts.
- Instead of tank tops, spaghetti straps, and tube tops, switch to airy blouses with light material.
- Instead of clothes with showy cuts or slits that showed skin, switch to clothes with bold patterns or details.



Nutrition on a Budget By Brittany Ladle

When you go to the grocery store, a box of Pop-Tarts and a jug of SunnyD looks like a cheap alternative for a nutritional breakfast. On a college budget it may seem like there isn't a whole lot of wiggle room for the healthy foods our bodies need.

If you're smart about how you shop there are ways you can meet recommended servings of fruits, vegetables, dairy, and protein without breaking the bank.

Dancing Into Health

The weekly dances on campus are a great way to stay in shape and meet new people.

- Dance 3 songs in a row as often as possible; keep your heart rate up.
- Dance with a different person every dance and get to know them.
- Have fun—that's what dancing is all about.

Times & Places:

Wednesday:	Country	MC Ballroom	8 p.m.
	Swing	Hinckley Gym	8 p.m.
Friday:	Latin	MC Ballroom	8 p.m.
	Ballroom	Hinckley Gym	8 p.m.

Thymes and Seasons

Mediterranean Pizzas

Ingredients

- 1 round of whole wheat pita bread
- 2 T. basil pesto
- 2 T. light feta cheese
- 3 tomato slices
- 1 T. sliced olives

Directions

1. Preheat oven broiler on high setting.
2. Place pita bread on a cookie sheet. Spread with a thin layer of pesto. Sprinkle with light feta cheese, and top with tomato and olive slices.
3. Broil for 4 minutes or until warm.

Fruit-Dip-Filled Berries

Ingredients

- 1 package strawberries
- 1 8 oz. package cream cheese
- 1 cup sugar
- 1 lemon, juiced
- 2 cups chocolate chips
- 2 plastic sandwich bags



Directions

1. Combine cream cheese, sugar, and lemon juice into thick dip.
2. Cut stems off base of strawberries, then score tips.
3. Spoon cream cheese mixture into one bag, then seal. On one corner, make a puncture in the bag. Squeeze the contents into tip of each strawberry, filling it.
4. Melt chocolate chips, then spoon into second bag. Make a small puncture at the end of one corner. Drizzle chocolate over strawberries. Chill and serve.

Here are some ideas of what you can get for \$10 to \$20 that would be both nutritional and inexpensive for a college budget:

Breakfast

Bananas (6):	\$2.20
1% Milk:	\$2.29
Whole wheat cinnamon bagels (8):	\$1.69
Eggs (24):	\$1.59

Total: \$7.77

Lunch

Whole wheat bread:	\$2.50
Land o' Frost deli meat:	\$1.98
Cache Valley cheese slices (20):	\$2.59
Western Family frozen strawberries (3lb):	\$2.99

Total: \$10.06

Dinner

Chicken tenders frozen (2.00/lb):	\$9.00
Western Family creamy ranch (16oz):	\$1.69
Western Family frozen broccoli (3lb):	\$1.69
Potatoes (15lb):	\$3.49

Total: \$15.87