



Choose the Write

Ron Klug, author of *How to Keep a Spiritual Journal*, has described a journal as “a tool for self-discovery, an aid to concentration, a mirror for the soul, a place to generate and capture ideas.” In essence, a journal can be a tool for you to see who you really are and how to become who you want to be.

Seeing progress as it is made, writing as you are filled with gratitude and noticing the love and spirituality present in each day of your life will help strengthen your faith in Jesus Christ and his gospel.

The act of writing engages your mind, opening you up to reflection and making you more aware of life. Placing your thoughts on paper, outside your head, allows you to look at your feelings from a different perspective. Your thoughts, being more concrete, can be analyzed, questioned and improved.

Because your mind can only handle so much at one time, journaling provides that “safe place” for a thought that you can explore in more depth later. Virtually all of our ancient and latter-day prophets have mentioned the importance of keeping a personal journal. In

1982, President Kimball admonished the Saints to regularly keep journal recording both temporal and spiritual matters:

Begin today and write ... your goings and your comings, your deeper thoughts, your achievements, and your failures, your associations and your triumphs, your impressions and your testimonies. . . .this is what the Lord has commanded, and those who keep a personal journal are more likely to keep the Lord in remembrance in their daily lives.

Hundreds of years worth of blessings are proof of the truthfulness of President Kimball’s powerful words. These blessings are recorded in ancient journals and other historical documents regarding spiritual events from both Jerusalem and the Americas. From more modern journals, we are provided with a foundation of faith by the pioneers of the church. Our personal journals can also provide spiritual strength similar to these historical examples.

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Blessings of Journal Writing

According to a 2008 *Ensign* article written by Salli Hollenzer, you’ll get a lot out of journal writing. Titled “My Journal, My Testimony,” Hollenzer’s article says journal writing will give you:

- A method of “setting goals and tracking progress”
- A recorded family history
- A way to “resolve emotional, social, and spiritual issues”
- An understanding that “many righteous desires are fulfilled”
- A form of “personal scripture”

Omega-3s Prevent Disease

Cardiovascular disease is a health problem that many people must face at some point in their lives. Fortunately, there is a nutrient with which you can supplement your diet that will help prevent this problem. This nutrient is omega-3 fatty acids.

Omega-3 fatty acids are essential fatty acids that cannot be produced by our bodies. Since our bodies cannot produce these essential nutrients, we have to obtain them from other sources. Some include fish, such as salmon and tuna, nut oils and certain plants.

Of the many health benefits associated with omega-3 fatty acids, the prevention of cardiovascular disease is of special concern for those who suffer from it and those who are at risk of developing it.

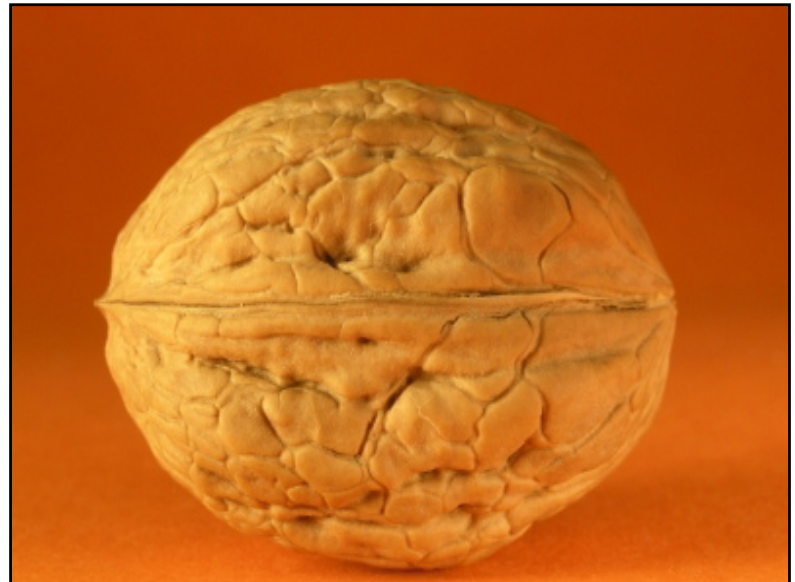
The University of Maryland Medical Center reports that fatty acids can “help reduce risk factors for heart disease including high cholesterol and high blood pressure.” Those who consume more omega-3 fatty acids have “higher density lipoprotein (HDL or “good”) cholesterol levels” and decreased triglycerides—“fatty material that circulates in the blood.”

Additionally, these fatty acids can help prevent strokes by stopping the formation of “plaque buildup and blood clots in the arteries that lead to the brain.”

There are a few different ways to obtain this important nutrient. The American Heart Association recommends “eating fish...at least two times a week.” Most people won’t have to worry about eating more than that. In fact, it’s possible that too many fatty acids can cause a type of stroke resulting from a ruptured artery in the brain.

Besides fish, there are other sources of omega-3

fatty acids of which you can take advantage. In Sarah Baldauf’s article, “11 Easy Ways to Load Up on Healthy Omega-3 Fats,” we learn that oils such as flaxseed, canola, soybean, cottonseed and corn are all good sources.



Binge-Eating: Innocent Indulgence?

Many people in the United States are affected by eating disorders. A less commonly known eating disorder is binge-eating, which is sometimes called compulsive overeating. Similar to bulimia nervosa, binge-eating is different in the fact that those who have this disorder do not purge their bodies of the excess food. Those suffering from binge-eating disorder are embarrassed about their gorging and suffer from a serious condition.

A person is officially diagnosed as having binge-eating disorder when they have at least two binge-eating episodes a week for six months. Some may wonder how much food is

too much. According to the Mayo clinic, “A binge is considered eating a larger amount of food than most people would eat under similar situations. For instance, you may eat 10,000 to 20,000 calories worth of food during a binge, while someone following a normal diet may eat 1,500 to 3,000 calories a day.”

While people with this disorder may consume large amounts of food, there may not be any physical signs because weight is not always a symptom. A person with this disorder can be overweight or obese, but one might also be a normal weight. The Mayo Clinic tells us that most obese people do not have binge-eating disorders.

The Mayo Clinic also relates that some experts believe binge-eating disorder is the most common eating disorder in the United States. Up to 4% of Americans are considered to have this disorder, which is more commonly seen in women

than men. Both children and adults can develop this disorder, but it is most frequently found in people in their 40s and 50s. Binge-eating is a serious disorder. While you may not personally have this disorder, there might be someone you know who suffers from this condition. Help for recovery is available. Speak with a doctor for more information.

5 Common Signs of Binge-Eating Disorder

1. Eating large amounts of food.
2. Eating when full.
3. Eating alone frequently.
4. Hoarding food.
5. Hiding empty food containers.
6. Feeling depressed.

Provided by the Mayo Clinic



THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



Winter Squash Soup

6 tablespoons chopped onion
 4 tablespoons margarine
 6 cups peeled and cubed butternut squash
 3 cups water
 4 cubes chicken bouillon
 ½ teaspoon dried marjoram
 ¼ teaspoon ground black pepper
 ⅛ teaspoon ground cayenne pepper
 2 (8 ounce) packages cream cheese

In a large saucepan, sauté onions in margarine until tender. Add squash, water, bouillon, marjoram, black pepper and cayenne pepper. Bring to boil; cook 20 minutes or until squash is tender.

Puree squash and cream cheese in a blender or food processor in batches until smooth. Return to saucepan, and heat through. Do not allow to boil. Serves 4.

Provided by AllRecipes

Nutritional Information: Calories 224; Fat 13g; Carbs 26g; Protein 4.5g; Fiber 4.2g.



Baked Salmon

4 salmon fillets (4 oz. size)
 2 cups fresh spinach, chopped
 1 cup mushrooms, sliced
 1 medium tomato, chopped
 ½ cup sun-dried tomato vinaigrette dressing

Place salmon fillets, skin sides down, in 13x9-inch baking dish sprayed with no-stick cooking spray.

Mix remaining ingredients until well-blended; spoon over salmon. Bake at 375°F for 20 to 25 minutes or until salmon flakes easily when tested with fork. Serves 4.

Provided by CDKitchen



Nutritional Information: Calories 128; Fat 3.6g; Carbs 2.3g; Protein 21.2g; Fiber 0.9g.



Papaya Smoothie

2 cups chopped, peeled, seeded papayas
 1 cup chilled pineapple juice
 ½ cup milk
 ½ cup sliced banana
 4 ice cubes
 1 tablespoon honey
 2 teaspoons fresh lime juice

Combine all ingredients in blender. Puree until smooth. Pour into 2 tall glasses. Serves 2.

Provided by RecipeZaar

Did you know . . .

Walnuts, spinach, cauliflower, broccoli and squash are all great sources of omega-3 fatty acids

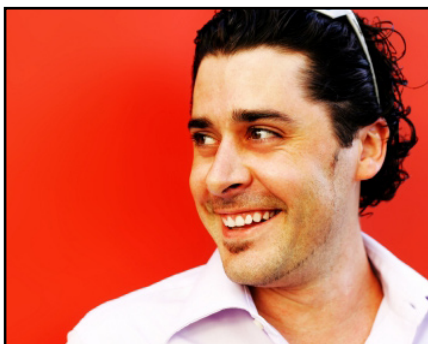


Nutritional Information: Calories 226; Fat 2.7g; Carbs 50.3g; Protein 3.8g; Fiber 3.8g.

Relieve Your Stress and Anxiety

It isn't uncommon for students to worry about an upcoming test, a first date, an unfinished paper, a class presentation, or roommate issues. Faculty members often stress about whether or not the assignments they provide students will be too easy or too difficult for them to accomplish in a reasonable amount of time. Members of the administration feel constant concern over the spiritual, emotional and physical wellbeing of all who attend this university.

Anxiety is manifest in a variety of ways and for a variety of reasons. Virtually everyone, even the most relaxed of individuals, is subject to its sometimes exhausting effects.



In an article called "Worrying, Worrying, Worrying," Dr. Lee E. Warren says that "Humans worry because they lack the knowledge of the future and fear their limited capacity.... Mankind is in a constant state of worry about anything and everything."

Contrary to common belief, worry can affect much more than our emotional state. Excessive worrying can actually reduce our appetites, cause us to lose sleep, influence our performance at work and strain our relationships with others. Essentially, unchecked worry can affect nearly every aspect of our

lives and lead to extreme cases of anxiety. There are different activities one can do to help alleviate the affects and symptoms of

anxiety. WebMD suggests that one of the most important steps you can take in controlling anxiety is taking care of yourself physically.

Frequently those who are suffering from extreme cases of anxiety will lose sleep, skip meals or exchange healthier food options for chocolate, caffeine and products containing nicotine or other addictive substances. If you have healthy eating and activity habits, don't let them slip due to anxiety. If your health habits aren't the best, work on changing them in order to help alleviate some of your stress.

How To Correct Negative Thoughts

Watch. Listen to that inner-voice; your "self-talk." Pay attention to what you tell yourself.

Check. Are you focusing on the negative, even ignoring the positive? Do you feel like you can't do the things you "should" do? Do you use words like "never" and "always" in your thoughts? Do you assume the worst will happen?

Correct. Find positive, helpful thoughts to replace negative thoughts. Redirecting your negative thoughts is the key to improving your feelings about yourself.

Provided by WebMD

Feeling Shy? Join the Crowd

It probably isn't a surprise to you that there are many shy people attending Brigham Young University-Idaho. You may see them sitting in the back row of a class, spending time alone on the weekends or standing bashfully in the corner of the room at a party. Perhaps you are one of these socially-silent bystanders. You may have been dealing with the symptoms of shyness all your life, but do you know how you came to be shy? Are there ways in which your shyness can be relieved?

In a WebMD article titled "Shyness Gene Teased Out," author Miranda Hitti describes a series of scientific studies that show there may actually be a genetic reason as to why many children and adults experience shyness and introversion. A gene referred to as RGS2 has been shown to host certain variations in its structure in people who are inherently demure. Although the genetic alteration may not be the direct reason for socially apprehensive behavior

in children and adults, those in the study who were identified as being shy or introverted consistently possessed the variant gene.

According to an article in *Psychology Today* by Erika Casriel titled "Shedding Shyness," approaching a stranger can be one of the most daunting tasks a shy or introverted person can accomplish. Actually mustering up the courage to speak to that person can be downright terrifying. Hosting negative, anxious thoughts tends to make shyness even worst for most people. And unfortunately, many introverted people tend to think negatively regarding the social situations in which they find themselves.

One of the most important steps you can take in battling shyness is thinking positively about your ability to interact with other people. Redirecting your negative thoughts to positive thoughts is key to improving your mood and your social skills.

BYU-Idaho Wellness Center

The BYU—Idaho Wellness Center promotes health and wellness among the entire BYU—Idaho community through preventive, therapeutic and health care services as well as incentive programs.

Contact Information

Location: Hart 152
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Visit us online at
www.byui.edu/campuswellness

Note:

If you're planning on participating in the DMBA program to earn up to \$100 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



How to Win An Argument

Are you having problems with a roommate, friend or spouse? Do you find yourself arguing with them constantly? You can improve your relationships by understanding and implementing a few simple rules when dealing with other people in order to prevent unnecessary conflict.

According to Dale Carnegie, author of *How to Win Friends and Influence People*, “The only way to get the best of an argument is to avoid it.” There is no win-win solution to an argument. Winning the argument will not improve your relationship with the person with whom you are arguing. In fact, once the argument has ended, you are both likely to harbor feelings of resentment toward each other. But how do you prevent an argument from happening?

Dale Carnegie suggests that rather than “criticize, condemn, and complain,” be “understanding and forgiving.” Nobody likes to be around a person who constantly criticizes, condemns and complains about others. If you

are doing this, you are already going to find some difficulties in your relationships.

Another way in which you can avoid an argument is to wait to discuss the problem(s) on your mind until you’ve had a chance to calm down. It is common in all types of relationships for one or both parties involved to say something in the heat of the moment that they later regret. Giving yourself a chance to cool off first will help you avoid rash confrontation.



Take Action Now to Prevent Alzheimer’s Disease

Although most of us attending BYU—Idaho may not currently be in danger of developing Alzheimer’s disease or other types of mentally debilitating illnesses, the possibility becomes more and more realistic as we age. There are, however, things we can do now to help avoid future, age-related mental deterioration.

Studies done by neurologists across the country and the world show that there are now a variety of things we can do to help prevent the onset of Alzheimer’s disease.

Taking your vitamins daily and participating in physical exercise on a regular basis are a great place to start, but many people require much more than good physical health to fend off the effects of memory loss. Perhaps the most important preventive action we can

take to combat the possibility of memory loss is participating in neurobic exercises.

Neurobic exercises are simple activities that require one to use their mental capacities in new, unconventional ways.



According to neurologists from the Alzheimer’s Research and Prevention Foundation, mental exercises such as neurobics can actually decrease one’s odds of developing signs of Alzheimer’s disease by up to 70%.

These exercises simply need to captivate your attention, require the use of two or more of your senses and differentiate from your regular habits and activities. Some of these exercises may include reading, playing board games, and even trying out some new recipes.

Strategies To Use During Unavoidable Conflict

- Be respectful.
- Control your emotions.
- Be willing to understand.
- Be honest and open.
- Be objective.
- Do not use accusations and demands.
- Forget about what happened in the past. Think about the future.
- Seek for a win-win situation.

Provided by the University of Arizona

Neurobics can be explored in greater depth by reading the book titled *Keep Your Brain Alive*, by Dr. Lawrence C. Katz. According to Dr. Katz, who is a leading neurobiologist and professor at Duke University Medical Center in North Carolina, neurobic exercise “aims to help you maintain a continuing level of mental fitness, strength and flexibility as you age.” In short, simple neurobic exercises can fight and prevent the signs of mental aging and deterioration.

Did you know ...

According to the Alzheimer’s Association, nearly 5.3 million Americans are living with Alzheimer’s Disease



Isolate Yourself for a Good Cause

In the LDS culture, we are social people and like to show it. After shaking hands or giving hugs, however, Latter-day Saints are soon sharing more than just friendly greetings and kind words.

During flu season, outgoing behavior can actually be detrimental to a person's health. Think about a person, coming down with the flu, sneezing into his hand and grasping his bishop's hand. Soon those germs have spread from one hand to virtually the entire ward in the ten minutes before church meetings begin.

These types of social exchanges are seen daily on campus, with the giver barely realizing the consequences of this friendly token. To solve the problem, doctors have been adamant in their advice for ill patients to stay home. Dr. Mark Mengel has further explained the importance: "Staying home if you're sick decreases the spread of illness and helps people get better faster."

Ironically, a student or an employee will often go to school or work out of dedication to a job, fellow students, employers or themselves. However, it really doesn't help to have an employee or student spread the infection to those around them, and realistically, the employee or student will not be working at their best performance level while sick.

The easiest way to spread the cold and flu is through respiratory droplets: through a cough or a sneeze, by touching contaminated surfaces or by touching a contaminated person. Therefore, it is important to control the amount of contact you have with others when ill.

If you are ill, you should stay home until you have been without a fever for 24 hours. And remember, every time you shake hands, wash yours. Your employer and fellow students will thank you.

Drawing Strength and Optimism From President Hinkley

There is no question that we live in perilous times. With a collapsing economy and strained foreign relationships, the concepts of hope, faith and optimism can seem unrealistic and useless to many in this nation. As Latter-day Saints, however, we can readily recognize that though times are hard at present, we can have faith and hope in the future. This is because of latter-day revelation given to us by our prophets and apostles, instructing us to be optimistic in the years to come.

In an article titled "Words of the Prophet: The Spirit of Optimism" found in the July 2001 *New Era*, President Hinckley stated that, "We have every reason to be optimistic in this world. Tragedy is around, yes. Problems everywhere, yes....

You can't, you don't, build out of pessimism or cynicism. You look with optimism, work with faith and things happen."

The most substantial reason why we have "every reason to be optimistic in this world" is because of the restoration of the gospel of Jesus Christ. In the *New Era* article, our beloved, former prophet offered an address that clairvoyantly encouraged hope, faith

and optimism to Latter-day Saints and the world before the terrible tragedy that occurred on September 11, 2001. He reminded us of the scripture found in John 14:27: "In a dark and troubled hour the Lord said to those He loved: Let not your heart be troubled, neither let it be afraid."



After the death of President Hinckley on January 27, 2008, many members of the Church, despite our prophet's frequent pleas encouraging hope and positivity, felt a sense of despair and hopelessness in his passing. In an article written for the *Liahona* titled "Things Will Work Out," President Henry B. Eyring gently responded to these Saints, encouraging them to adopt an attitude of optimism. He reminded them of President Hinckley's unwavering sense of hope: "President Hinckley knew that God would steel and fortify us all as we choose to take the

gospel down into our hearts.... the best can be yet to come as we take the gospel of Jesus Christ down into our hearts, as he did."

Although it may be easy to view our society and economy with pessimistic eyes, we can take courage in the counsel of our prophets and apostles by exercising our faith and hope in the things we know to be true: namely, the gospel of Jesus Christ.

BYU—Idaho on Wellness is a student project produced in cooperation with the BYU—Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Leon Anderson at 208.496.1958. You can also find us online at www.byui.edu/CampusWellness.

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