

# Center for Health

## Newsletter

YOUR PATH TO WELL-BEING

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### SPOTLIGHT

## Bouncing Back

Resiliency, according to Merriam-Webster, is the ability to recover from or adjust easily to misfortune or change. Sounds like a tool we could all use. Life sends us the occasional, or sometimes frequent, curveball and the ability to adjust, bounce back or roll with it makes coping easier. Finding ways to increase or develop your resiliency has become a hot topic for well-being. Keep reading for some of the most evidenced-based tips on how to increase resiliency.

### There are four basic ingredients to resilience:

1. **Awareness**—noticing what is going on around you and inside your head;
2. **Thinking**—being able to interpret the events that are going on in a rational way;
3. **Reaching out**—how we call upon others to help us meet the challenges that we face, because resilience is also about knowing when to ask for help; and
4. **Fitness**—our mental and physical ability to cope with the challenges without becoming ill.

These skills help us adapt to and overcome adversity, trauma, tragedy, threats, or significant sources of stress, such as family and relationship problems, health issues, workplace, career or financial stressors.

The Center for Health focuses on improving five dimensions of well-being—physical, emotional, spiritual, social and financial—for clergy and laity of The United Methodist Church (UMC) and their families. Among the Center for Health's offerings are: interactive website, well-being programs, trends and research, educational opportunities and the UMC Health Ministry Network (UMCHMN) and related resources.

## Ways to Incorporate Resiliency Into Everyday Situations

- **Make connections.** Cultivate relationships with people who care and listen.
- **Avoid seeing problems as too big to overcome.** We can change how we interpret and respond to stressful events.
- **Realize change can be a good thing.** Sometimes our goals need to change with our circumstances.
- **Move toward your goals.** Focus on tasks that seem achievable.
- **Take decisive actions.** Rather than wishing issues would go away, move in a new direction and take steps to solve problems.
- **Seek opportunities for self-discovery.** We often learn new things about ourselves in the midst of pain.
- **Keep things in perspective.** If a situation is stressful, look at it in a different light for a broader, more optimistic perspective.
- **Look on the bright side.** Try visualizing what you want, rather than worrying about what you fear.
- **Nurture yourself.** Pay attention to needs and feelings. Engage in activities that are enjoyed.

Read more at: [skillsyouneed.com/ps/resilience.html](http://skillsyouneed.com/ps/resilience.html)

Adapted from the American Psychological Association highlights "10 Ways to Build Resilience" ([wellmd.stanford.edu](http://wellmd.stanford.edu))



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## ASK A PROFESSIONAL

**Rev. R. Michael Warner**

Clergy Care Services Director, Indiana Annual Conference

# What's in Your Resilience Toolbox?

At Incheon International Airport in South Korea a severely disabled Korean woman approached me. My first instinct that “she’s panhandling for assistance” was dead wrong. She wanted to provide encouragement to my spiritual journey.

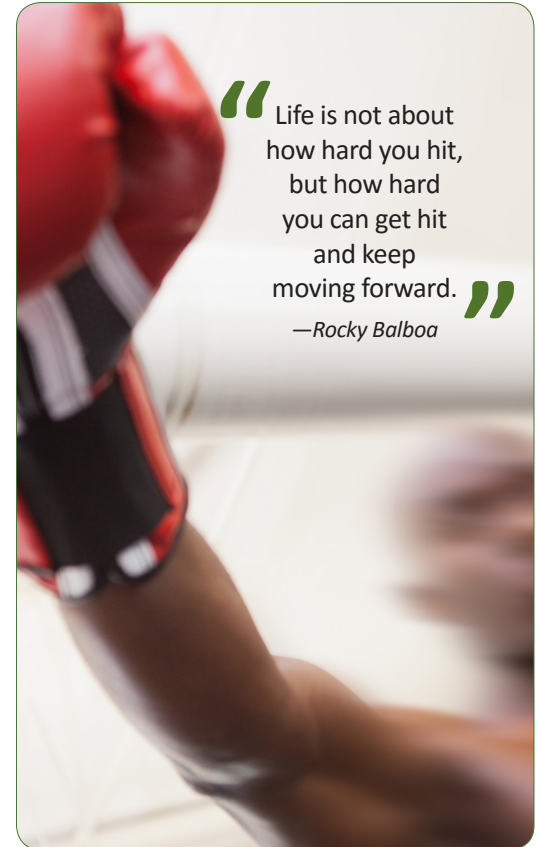
After she offered words of hope, love and compassion, I recognized that this person who was dealt a terrible blow in life was resilient enough to bounce back and bless others. She reminded me of the movie character Rocky Balboa who once said: “life is not about how hard you hit, but how hard you can get hit and keep moving forward.”

I learned that her Resilience Toolbox was full from her church community praying with her every day, and members of her “covenant group” stopping in every day to offer encouragement and provide assistance.

This Korean “saint” challenged me to ponder **what is RESILIENCE** and **what tools could we could all put into our RESILIENCE Toolbox** to be more like her?

Perhaps we should first acknowledge that our toolbox will look different than those around us, because no two people react the same to traumatic and stressful life events. There are, however, common tools of resilience that we may want to add to our box, such as caring and supportive relationships, community and meaningful relationships and problem solving skills. The Lord Jesus modeled resiliency tools of solitude and prayer in order to mitigate the stress and challenge of life.

Our Korean sister overcame great adversity to pursue a mission of encouraging the spiritual health of foreigners transiting through her beloved country. What a witness to God’s goodness, to the power of community and to a life that successfully utilized the tools of resilience. So what’s in your toolbox to overcome life’s adversities? I think I need to add a few more.





## ASK A NURSE

**Jo Sanders, BSN, RN**

Faith Community Nurse, Illinois Great Rivers Conference Member

# Time For a Tune-Up

Setting realistic, rewarding goals and actively working toward them helps us feel a greater sense of control over our lives, and builds resilience. If you are thinking of setting goals for the new year, include meeting with a medical provider in your plans. It is important to develop a relationship with a primary care provider (PCP). Like a trusted mechanic for car problems, having someone you can rely on for medical tune-ups will be important when more than a tune-up is needed.

**Schedule and keep an annual appointment.** As we age it becomes more important to check certain health factors annually. Recommendations will be different for men and women, and are based on age, family history and other risk factors. Talk to your PCP about what preventive services are right for you. See Wespath's new [Men's Health infographic](#) for factors specific to men's assessment. (Women—watch for yours coming soon!)

**Make it work for you.** Plan ahead to make your routine visit a positive experience. Write down questions before your appointment. Practice discussing your top two concerns. When you talk about symptoms, be honest. Be open to listening if your PCP has concerns you view as less important. Leave with knowledge about how well-tuned you may or may not be. When you take action where needed, you can check your body's annual tune-up off of your list!



## Berry Dessert Recipe

### BERRY GALETTE

#### INGREDIENTS

Two 9-inch pie refrigerated crusts  
Zest of one lemon  
Juice of one lemon  
½ cup sugar  
2 ½ cups of blueberries  
1 ½ cup of blackberries  
1 egg for egg wash

#### DIRECTIONS

Place pie crusts on top of each other and roll out to 15–16 inches. Place on a parchment lined baking sheet. Make sure your baking sheet has edges all the way around as the berries can drip. Mix sugar, berries, lemon zest and lemon juice in a bowl. Place berries in the center of the pie crust leaving a 2-inch border. Fold or pleat the edges of the pie crust and brush with egg wash. Bake in 350° oven for 45–50 minutes until crust is golden. Serve warm or at room temperature. (Makes: 6 servings)

#### NUTRITION (PER SERVING)

<b>Calories:</b>	348.5	
<b>Total Fat:</b>	15.4 g	(Saturated Fat: 4.8 g;
	Polyunsaturated Fat: 2.1 g;	Monounsaturated Fat: 7.1 g)
<b>Cholesterol:</b>	31.0 mg	<b>Sodium:</b> 288.5 mg
<b>Potassium:</b>	173.6 mg	<b>Protein:</b> 3.5 g
<b>Total Carbohydrates:</b>	51.0 g	<b>Vitamin C:</b> 20.5%
(Dietary Fiber: 4.1 g; Sugars: 25.9 g)		

## WELL-BEING TIPS FOR LEADERS

# Four Tips for Managing Change



### LISTEN TO YOUR TEAM

They have insights about what is going on. By asking the team their thoughts and ideas you will also ensure that they have bought in and are working together toward change.

TIP 1

### UNDERSTAND THE EMOTIONS OF CHANGE

Know that change isn't going to be popular with everyone. People might get defensive, uncertain or anxious which can hinder accepting what's new. Strive to build respect and understanding, and listen to become the champion of good ideas to promote and sustain change.

TIP 2

### KNOW THE "BIG PICTURE" PRIORITIES

Change requires a broad level of acceptance across groups. It is important to develop a shared culture and keep tabs on how everyone feels about the change.

TIP 3

### ABILITY TO PERSEVERE

Even with best laid plans, something usually goes wrong. You must be willing to adjust the course and start moving in the right direction.

TIP 4

Adapted from: [fortune.com/2015/10/22/change-leaders-managers/](https://fortune.com/2015/10/22/change-leaders-managers/)



# Making Change—Slow and Steady Wins the Race

We can all benefit from changes to improve areas of our life. Jumping head-first into a change can set you up for failure (think New Year's Resolution success rates). Planning ahead and strategizing for change can make all the difference in your potential for success.

According to B. J. Fogg, Behavior Change Psychologist at Stanford University, there are only three ways to make actual change happen:

Option **A** Have an epiphany

Option **B** Change your environment (what surrounds you)

Option **C** Take baby steps

While *option A* is hard to control, *options B* and *C* are achievable! And they can lead to lasting change.

## TO MAKE REALISTIC CHANGE HAPPEN, FIRST DETERMINE:

- ✓ Why you want or need to change
- ✓ Realistic, measurable short- and long-term goals for this change
- ✓ Potential barriers
- ✓ Support tools to help you succeed
- ✓ How you will reward yourself when you succeed



## Outsmart the Barriers

Work to identify which of these may stand in your way before you set out to change. Ask yourself:

- “What has stopped me from changing this habit in the past?” and
- “What might impede my future efforts?”

Write down your reasons so you can visualize how to overcome them. For example, if a barrier is lack of time, start by slowly reducing your commitments until you have more time for the change.

**Good luck and remember, slow and steady wins the race!**

Some content provided by [tinyhabits.com](http://tinyhabits.com) and [WebMD](http://WebMD).

## Print and Share Bulletins

See this issue's bulletins for great resources to share with your congregations. Print and stuff in weekly worship booklets or other church newsletters, use as a small group handout or forward to church groups you think could benefit from the well-being topic. We support you in your efforts to create a more vital church.

### BULLETIN #1:

Easy Fitness Tips  
to Be Active at Work



### BULLETIN #2:

Boost Your Mood



## Resources

The Center for Health offers a host of resources at [wespath.org/center-for-health/](http://wespath.org/center-for-health/)



**Well-Being Toolkits**



**Healthy You...Healthy UMC** brochure



**CFH articles** related to each of the five dimensions of well-being



**Congregational resources** including **UMC Health Ministry Network**



**Financial Well-Being**—Wespath selection of articles about retirement, financial planning, family events and other topics



**Newsletters and Bulletins**

## External Resources



**Healthfinder.gov/myhealthfinder/**—Preventative health screenings



**Centers for Disease Control and Prevention**—Healthy Living resources



**Five Dimensions of Well-Being**

## Let Us Know

If you have questions or comments, please contact us anytime at: [wellnessteam@wespath.org](mailto:wellnessteam@wespath.org)

The journey to well-being lasts a lifetime.

Sometimes the path is smooth and other times, there are bumps in the road and work to be done to restore balance. With patience, persistence and support from the Center for Health—you can do it!

## Disclaimer

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