

LANCER

WELLNESS

December 2017



Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancerwellness and follow us on Instagram @[cbu_lancerwellness](https://www.instagram.com/cbu_lancerwellness)

Career Wellness

Life After Graduation

To all of the Fall 2017 graduates:
Congratulations! You made it! It has been a long journey and you have reached your destination. Transitioning from college graduate to professional can be a tricky task to tackle. However, we have tips from Career Counselor Morgan Teruel on how to smooth out this transition.

-Be curious and ready to learn more about your profession. Just because you're done with school does not mean that you are done learning! Be observant of your work environment as well as the team you now work with.
-Take initiative at work. Let your boss know that you are eager to face challenges and learn from them. If you have ideas, don't be afraid to throw them out there. If you fail, grow from it and don't

dwell on it. If you succeed, remain humble and eager to learn.
-Make connections with all of your co-workers. Spend time with them and get to know them. Learn what makes them laugh and how you can best affirm them. These relationships will make or break your work experience.
This transition starts with examining yourself and discovering what areas need growth. Make sure you never stop learning and be excited about what you do.

To read more, visit:

<https://www.linkedin.com/pulse/smoothing-transition-from-graduate-professional-morgan-teruel/>



Christmas Hours

December 15th	6am-7pm
December 16th-17th	Closed
December 18th-20th	6am-7pm
Dec 21st-Jan 2nd	Closed
Jan 3rd-5th	6am-7pm

Normal Hours will Resume on January 6th, 2018

Healthy Holiday Habits

When it comes to the holidays, healthy habits often go out the window. Finding time to be active or eating healthy meals can be challenging with all of the festivities going on. However, there are small changes you can make that will add up to a huge difference.

With regards to physical activity, make sure to always plan time for exercise. Even if it is just a brisk 30-minute walk for the day. The holidays are known for bringing loved ones together with food. To make a healthy change, try incorporating activities that are not centered around food, such as hiking or playing catch with the family!

Another challenge that arises with trying to stay healthy during the holidays is cooking meals that are both healthy and delicious. You can

make small changes to your favorite recipes by modifying them with healthier ingredients. Cut out fat by swapping in yogurt-based dips instead of sour cream and use low-fat gravy. Limit sugar by making a cranberry relish instead of a sugar and corn starch-filled cranberry sauce. Opt for fresh green beans instead of a green bean casserole.

You may also go to parties where you are not in charge of how the food is cooked or what ingredients are used. In these situations, try to snack on fruits and vegetables beforehand so you do not arrive ready to eat anything and everything. When there, eat until you are satisfied, NOT stuffed. Also, make sure to opt for water over sugary drinks, so you can enjoy your dessert with limited guilt.

Nutritional Wellness



GARLIC PARMESAN POPCORN

INGREDIENTS

3 tbsp. coconut oil
1/3 cup popcorn kernels
1 1/2 tsp. grated parmesan
1 tsp garlic salt

INSTRUCTIONS

1. Heat coconut oil in a medium-sized pan.
2. Pour kernels in and place on low-medium heat while covered.
3. Once there are a few seconds between pops, carefully pour popcorn into a large-sized bowl.
4. Season with grated parmesan and garlic salt and enjoy!



SPOTLIGHT MEMBER
Aaron DeWolf

Why do you think it is important for students to be a part of OI activities and to get to know other students on campus?

"College is home to some of the best years of your life. You wouldn't want to waste those alone in your apartment all day, or at least I don't. College is about spending time with friends and making once-in-a-lifetime memories before life speeds up. I think it's important to get involved on campus, because that involvement can lead to other amazing opportunities along the way."

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To learn more about Aaron's journey, visit
www.cslbqolst.edu/intercolleges