

LANCER

WELLNESS

April 2018



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

The Stories We Tell

We love stories. Stories in books. Stories in movies. We even love the stories of our heroes.

But what about our own stories? Are we living lives that tell the story we want to tell?

All of us have a story to tell. The challenge I think is drawing back from the seemingly mundane tasks we do each and every day to see the connection from one plot point to another. For example, how does a student's day to day study hours lead to the telling of one's own great story? Sometimes in the moment we may be too close to the story to see.

Imagine though you found yourself in academic peril, imagine that you found out that if you don't pass all your classes you may not be eligible to continue to pursue your degree at the university. The stark possibility of a very negative event in your life forces you to change your habits. Instead of binge watching Netflix you choose to study extra hard. Even studying for many more hours than you have done in the past. Now certainly, in the

moment, the work wouldn't seem like it would add to a great story, but imagine years later you are working in a career and looking back. You would see that your hard work that seemed mundane was actually part of a great story. You would have overcome a great obstacle to achieve your goals.

Overcoming great peril lends to a great story, we all have to slay a few dragons to live a great story, and that's ok, because "the bigger the dragon, the better the story."

I encourage you to think about your life. Are you living the story you want to tell? If not start today. Make decisions that will take you where you want to go, that will help your life tell a great story.

The things you are doing today will be a part of your story, make sure it's a great one!

Michael Osadchuk, M.A.
Coordinator of Academic Success
Office of Student Success



FITNESS FOCUS GROUP
FITNESS FOCUS GROUP
FITNESS FOCUS GROUP
FITNESS FOCUS GROUP
FITNESS FOCUS GROUP



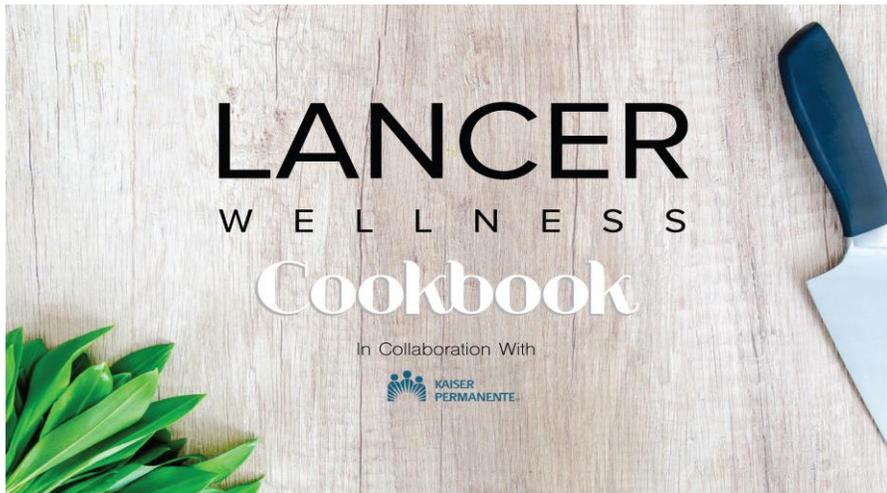
APRIL 10TH
6:00 - 7:00 PM

FREE DINNER & PRIZE GIVEAWAYS
AT THE REC CENTER

#DIVERSIFYYOURFITNESS

What's New in Wellness

The Lancer Wellness eCookbook is now available! To access the tasty, nutritious recipes visit our website at www.calbaptist.edu/lancerwellness and click on the "Recipes" tab!



The CBU Counseling Center invites you to a Mental Health Awareness Journey. It will be held on Tuesday April 10th and Wednesday April 11th from 10am-4pm at 3626 Monroe Street. There will be simulations, hands-on-experience, information, treats, and prize drawings!



Spotlight Member

Lauren Mawhinney

Have you utilized the Career Center? And if so, how has it helped you prepare for your career?

"I have definitely utilized the Career Center for mock interviews, resume checks, and to get information about local employers. This has helped me prepare for my future career by helping me expand my network and practice professionalism."

To learn more about Lauren's journey, visit www.calbaptist.edu/lancerwellness

LANCER
WELLNESS

Nutritional Wellness



MEXICAN SALAD

INGREDIENTS

2 cups washed baby spinach leaves, packed
4 oz. lean ground turkey
Taco seasoning to taste
1/4 cup canned black beans
1/4 cup canned corn
1/2 red bell pepper, chopped
Handful of cherry tomatoes
2 tbsp. pico de gallo

INSTRUCTIONS

1. Spray medium-sized pan with cooking spray and heat to low-medium heat. Place ground turkey in and season with taco seasoning as desired. Cook until there is no pink, stirring occasionally.
2. In a medium-sized bowl, heat up black beans and corn in a microwave (should take about 45 seconds give or take).
3. Place spinach in a medium-sized bowl followed by turkey, beans, corn, peppers, tomatoes, and pico de gallo.
4. Enjoy!