

LANCER

WELLNESS



November 2016



Lancer Wellness is dedicated to helping Lancers understand the importance of their well being. Check out more helpful information at calbaptist.edu/lancervellness and follow us on instagram @cbu_lancervellness

Spiritual and Emotional wellness: The True Meaning of Being Thankful



By: Madison Twomey
Graduate Assistant at
Office of Spiritual Life.

There is a hymn called, *He Has Made Me Glad*. The words of the hymn are simple. It starts with singing, "I will enter his gate with thanksgiving in my heart, and I will enter his courts with praise." Reflecting on these words I think about how people get so expressive singing this hymn and why? Taking time to consider what to be thankful for helps me understand the fuller meaning of this age-old song.

The thanksgiving tradition, usually, is to list all the different blessings that we are thankful for, but I think our thankfulness should go deeper. Thankfulness should reflect the provider of each blessing we experience. As a person who is completely convinced of the gospel, I see that thankfulness should be deeply concerned with God's greatness, power, and holiness. When we enter His gates we will not hold on to our worldly blessings but we will simply enter His gates praising God for who He is. God's greatness is what drives the believer's enthusiasm to sing hymns. Simply knowing God is the source of gladness and from this, all thanksgiving flows.

Emotional Wellness

MONTANA **MANAGE YOUR STRESS** CURRY HEALTH CENTER wellness

MAKE SLEEP A PRIORITY
WITHOUT GETTING THE PROPER REST IT WILL BE EVEN HARDER TO RETAIN INFORMATION. 7-9 HOURS EVERY NIGHT IS OPTIMAL.

FIT EXERCISE IN EVERYDAY
WITH ALL THE EXCITEMENT OF A NEW YEAR, IT'S EASY TO PUT OFF EXERCISING, BUT REMEMBER, A HEALTHY BODY=HEALTHY MIND. GET 30 MINUTES OF ACTIVITY DAILY. (WALKING, FITNESS CLASS, WEIGHTS)

HYDRATE
ALWAYS BRING A WATER BOTTLE WITH YOU WHEREVER YOU GO. HYDRATION IS VITAL TO FEELING GREAT AND ENERGIZED ALL DAY. CHALLENGE YOURSELF TO DRINK HALF YOUR BODY WEIGHT IN OZ. OF WATER DAILY.

USE A PLANNER
MAP OUT YOUR WEEK! HAVING A CENTRAL PLACE TO WRITE DOWN ALL YOUR COMMITMENTS WILL HELP KEEP YOU FROM GUESSING WHAT YOU NEED TO BE DOING.

Feeling stressed?

Visit the Lancer wellness table
November 7th at 10:30am-1:00pm in the
Stamps Yard to learn various ways on
how to relieve stress and survive finals
stress-free.



Academic Wellness: On campus resources



By: Michael Osadchuk
Coordinator of Student Success

The Office of Student Success offers tutoring for students who would like academic support outside of the classroom. At the Office of Student Success, our tutors are CBU students who have mastered the courses which they tutor; which provides additional comfort and confidence. This also facilitates a better learning environment. By creating a comfortable and engaging learning environment we seek to assist students in being as academically equipped as possible.

Success in your classes as you move toward graduation will keep you academically healthy and hopefully reduce some of the stress you may incur due to your academic course load. Our services are offered to CBU students at no extra charge (free). Students are required to call 24 hours in advance to obtain an appointment with a tutor. Walk-in tutoring is also available on Monday through Thursday from 6PM-9PM for those who were unable to make an appointment.



SPOTLIGHT MEMBER

Ben Calcagno

What impact has investing in your spiritual wellness had in your life?

“It has changed my outlook on life. I have gained wisdom and understanding into life and have grown in my relationship with God as a result. I seek spiritual wellness because I have witnessed the transformation of how I act around others and how people who maintain this discipline act around others. It has personally changed me from my selfish tendencies toward a new life of humility, godliness, and the edification of others.”



Nutritional Wellness



PUMPKIN BREAKFAST COOKIE

INGREDIENTS

- 1/4 cup Spectrum® coconut oil, melted
- 1/4 cup honey
- 1 cup rolled old-fashioned oats
- 1 cup quick cooking oats
- 2/3 cup unsweetened, dried cranberries
- 2/3 cup pumpkin seeds
- 1/4 cup ground flaxseed
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon sea salt
- 1/2 cup pumpkin puree
- 2 eggs, beaten

INSTRUCTION

1. Preheat oven to 350 F. Line a baking sheet.
2. In a small bowl warm Spectrum® coconut oil and honey (either microwave, inside preheating oven or on the stove top).
3. In a large bowl combine both kinds of oats, cranberries, pumpkin seeds, ground flax, pumpkin pie spice and salt. Add pumpkin puree, eggs and warmed coconut oil and honey. Stir until fully combined.
4. Drop about 1/4 cup sized scoops of the mixture onto a cookie sheet and flatten (cookies won't spread while baking). Bake for about 15-20 minutes until edges are lightly browned.
5. Let cookies cool on baking sheet before moving to an airtight storage container.

