



# next inSTALLment



a campus wellness letter

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## Intentional Mind, Body, and Soul Care

### What Is Your Mind, Body, and Soul Care Plan for 2008?

Psychologist Robert Emmons writes about the power of gratitude in helping to maintain a positive, healthy outlook on life, as well as the impact of such on our mind, body, and soul care (Emmons, 2001). What are you grateful for? Good things await in 2008, if you are intentional about minding your positivity, moving forward and making it so!

**Have you thought about ways to nourish your mind, body, and soul?**

**Mind Care: *Mindfully Meditate!***

**Body Care: *Move!***

**Soul Care: *Make Peace!***

### **Some Mind, Body, and Soul Care ACTION STEPS:**

#### MIND CARE

- **Positive Gratitude Affirmations** -write out 10 on several 3X5 Cards or Post-Its, keep in appointment book, post in bathroom, and keep by bedside, review upon rising, at mid-day and at bedtime.
- **Read Proverbs and Positive Quotes.**
- **Request a Mindful Meditation or Stress Management Workshop Presentation for your Group (X4239)**



#### BODY CARE

*"Today, I consciously choose to act in a way that honors my appetite and my body"*

- **For the next 3 weeks try to eliminate everything white and refined from your diet (that includes white bread, flour and sugar based processed products; potatoes and rice) Instead, add whole grains, brown rice, stevia, splenda or xylitol for a sweetener, fresh fruit, fresh veggies, chicken, fish and yams instead of potatoes. Rather than another "diet", this can be viewed as a life and energy enhancing eating plan.**
- **Move for 20-30 min. a day with a nice combo of cardio/strength training routines (i.e. walking, dancing, cycling, treadmill, stair climbing, swimming, push-ups, sit-ups, resistance machines, or free-weights.)**
- **Find a Day Spa and treat yourself!**



#### SOUL CARE

- **Prayer**
- **Meditation**
- **Be Grateful, Accept, and Forgive**

**Reference:** Emmons, R.A. & Hill, J. (2001). *Words of gratitude: For mind, body, and soul*. Philadelphia, PA: Templeton Foundation Press.

If you are not happy with your level of MBSC, a good place to start looking for ways to initiate better self-care is the Student Counseling Center, x 4239. We're located next to Campus Safety.

The next inSTALLments can now also be found at [www.whittier.edu](http://www.whittier.edu): click on Students, click on Health & Wellness, click on Wellness Letter or sign on to MyWhittier.edu, click on Campus Life, click on Wellness Coalition, click on Wellness Letter.