

"The poorest man would not part with health for money, but the richest would gladly part with all their money for health."

—Charles Caleb Colton

"We are usually preoccupied with being useful—doing something with an outcome in mind, rather than being open to where we are at this moment."

But in the midst of all these worldly concerns, you need to take time to find peace and joy. For at least a few minutes every day, you need to turn loose all these pressures that weigh you down and cause you to feel defeated and overwhelmed. You need to nurture and feed your soul. The soul can be nurtured in many ways—having solid, meaningful relationships; participating in something, such as a play, that gives you a creative outlet; talking to someone who makes you laugh and forget your problems at least temporarily; watching an uplifting movie; or communicating with new and diverse types of people. Just as your body needs to be fed a healthy diet of good, nutritious food, your soul needs to be nourished with activities and thoughts that bring you joy, comfort, and peace. See Figure 14.2 for more ways to nurture your soul.

Figure 14.2 Ways to Nourish Your Soul

- Commune with nature by taking a hike or just sitting in the park.
- Volunteer doing something you love.
- Ride a bike on a beautiful fall day.
- Go for a drive in the country.
- Stop everything and laugh with a friend.
- Walk on the beach.
- Row in a river or lake.
- Have friends over who lift you up and make you feel good about yourself.
- Experiment with your creative side—write a poem, act in a play, learn to play an instrument.
- Roll on the grass with a little child and giggle like she does.
- Look around you and count your blessings.

THE BODY'S EFFECT ON WELLNESS

Can You Believe You Ate the Whole Thing?

Eating has become Americans' favorite hobby. Rather than eating to live, many of us live to eat. We socialize around food—dinner and a movie, pizza and a beer with friends, and so on. Research has shown that most people have no idea as to how much they have eaten, what it contained, how it was grown, or what effect the food had on their health. Dr. Phil McGraw (2007), well-known talk show host, states, "Food is the most powerfully addictive substance in the world because you can't abstain from it." He goes on to say, "It's not chocolates or potato chips that sabotage diets (try fear, old attitudes, tempting environments)." What we eat and why we eat it is more complicated than it appears at first glance. For many first-year students, however, weight gain happens simply because they don't pay enough attention to what they are eating, they do not exercise, or they change their nutrition habits when they arrive on campus.

Some points that might be helpful as you work on changing your diet to maximize your overall health:

- Choose lean cuts of meat or baked or broiled poultry or fish
- Eat a variety of foods, making sure you are getting the right variety and amount of nutrients



How many times per week do you binge on junk food?