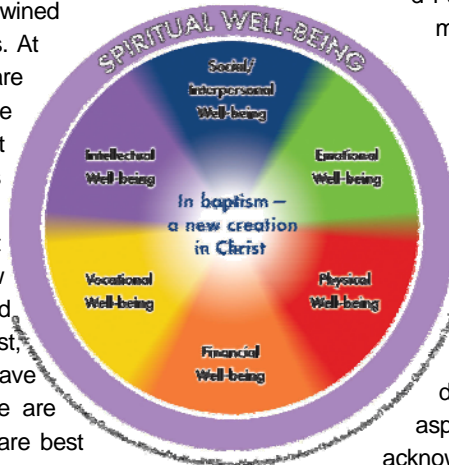


Integrating Faith and Health

# Social/Interpersonal Well-being

This Wholeness Wheel reflects our call to care for our whole self. By balancing the interconnected dimensions of well-being, we are able to live well with Christ and pass on our faith.

Spiritual well-being is intertwined with each aspect of wellness. At the center of the wheel, we are a new creation through the waters of baptism. Christ lives in us and through us and calls us out to love and serve one another. What does it mean to be a new creation? We have received the gift of grace through Christ, who came that we might have abundant life. It is when we are living well in Christ that we are best equipped to pass on our faith.



by the lack of human relationships, loneliness or rejection. Health and well being is not merely the absence of disease. It is multidimensional! As parish nurses we consider health as "harmony of body, mind and spirit in relationship with God, self, others and the environment". Consider the word "relationship" in this definition. Health is a dynamic unity between all aspects of our well-being, acknowledging the importance of relationship and belonging.

**Set a Goal**

Now take time to set a goal for yourself. Choose one that is SMART (specific, measurable, achievable, realistic and time-specific). Example: I will connect with my friends on a monthly. I will measure this by tracking dinners on my calendar and by how much more I feel connected with my friends.

*"Friends are friends forever, if the Lord is the Lord of them*

*And a friend will not say never, cause the welcome will not end*

*Though it's hard to let you go*

*In the Father's hands I know*

*That a lifetime's not too long... to live as friends."*

Michael W Smith -

**Social/Interpersonal Well-being**

In 2010, we are exploring each of the six aspects of our spiritual well-being. In the last issue we looked at our physical well-being — an area we already hear much about! Next we will consider the importance of our social well being and the impact on our health.

As we care for our bodies and our surroundings, we become energized and equipped to nurture our relationships with our family, friends, congregations and community! We are all a part of a community, and individually we are part of the body of Christ. Our social well being is our ability to live well as individuals and it impacts our family, friends, congregation and community.

**Social Needs** involve feelings of belonging — friendship, family, intimacy. We all need to feel a sense of belonging and acceptance. This can come from larger social groups (clubs, office culture, faith community, professional organizations, sports teams) and/or in smaller, social connections with friends, family and loved ones.

Where would we be without friends to support and encourage us? We all have the need to love and be loved by others. When someone does not feel this in their life they can become susceptible to loneliness, social anxiety and depression. We know that some illnesses are aggravated

How can you build on your relationships to improve your health and well-being? Do you make time to participate in social activities at work, school, church, or neighborhood? Do you make time for your friends? Do you belong to a support group?

**As Part of a Community**

When/where do you feel like you are part of a community?

When did you last feel invited or welcomed into this community?

When did you last demonstrate hospitality for another in this community?

Community is important to our spiritual well-being and provides us with support and opportunities to reach out and serve others.

As individuals	Who do you turn to?	How successfully are your needs met	Who else could fill your needs?
Listening			
Emotional support			
Feedback			
Fun and play			

In 2010, we will explore each of the six aspects of our spiritual well-being.

When we care for our bodies and our surroundings, we become energized and equipped to nurture our relationships with our family, friends, congregations and community!

## New Healthy Opportunities to “Connect” with others

### STRETCH and PRAY

Saturdays 8:30 - 9:30 AM

March 20– May 29 in the Music Room

Are you looking for new ways to improve your physical and spiritual well-being?

Join Deb Hellam as she guides us through stretches and focused breathing based on the book "Stretch and Pray" by Bishop Murray Finck. These stretches will help reduce muscle tightness and improve flexibility. Deb is a certified Certified Personal Trainer and Certified Corrective Exercise Specialist through the National Academy of Sports Medicine. Deb is currently personal training and instructing at Lifetime Fitness in Savage. Deb will be joined by Pastor Diane or a Parish Nurse as we incorporate meditation and prayer into the stretching and fitness. Wear comfortable clothing and bring an exercise mat. The location will be posted each week at the welcome desk. There is no need to pre-register. If you have questions, call the parish nurse line at 952-985-7326.

### The I CAN Prevent Diabetes Program

April 30 - August 13. It is Fridays 8-9 am. Cost: \$25.

The I CAN Prevent Diabetes Program (Individuals and Communities Acting Now to Prevent Diabetes) was developed to apply this lifestyle coaching to a community working with groups of people instead of individuals. This program gives individuals in a group the tools to change their behavior and make healthier choices. This program addresses nutrition, physical activity and motivation. Parish Nurse Rose Mahlum will coach you to set realistic goals, provide strategies to cope with food temptations, tips for grocery shopping, and how to deal with the frustrations of making changes.

**Remember...“Shared joy is double joy —Shared sorrow is half sorrow”** Swedish Proverb



*If we can be of assistance to you or your loved ones, please give us a call. We have many helpful health resources we can share with you! In the Healing Christ, your Parish Nurses.*

<http://sotv.org/care/parishnurse.shtml>

SOTV Parish nurses: Rose Mahlum RN, Lori Henke RN, Sharon Mertz RN, Cher Nelson RN, Becky Wilken RN, and Pat Drake, RN. E-mail or call 952-985-7365 to leave a voicemail and a parish nurse will contact you.

#### MANY THANKS

It is with deep gratitude for her caring service, that we announce Susan Ferber is retiring from parish nursing. She has chosen to continue volunteering in other areas of congregational life at SOTV. At the same time, we are pleased to announce that Pat Drake has completed the parish nurse preparation course at Concordia College and has joined the parish nurses.

#### Health Cabinet Members

The following members support and advise the parish nurse ministry at SOTV:

Bob and Joann Berndt, Dennis Ellingson, Cris Ireland, BJ Larson, Lynn Sweetman, Paula Swiggum, Terri Henneman, Lisa Heirie, and Arlen Wilson.

#### Help Wanted

Looking for people who have an interest in identifying congregational needs as we continue to grow and shape the faith and health ministry at SOTV.

Quarterly meetings with Pastor Diane and the parish nurses. If you are interested please leave a message on the parish nurse line: 952-985-7365.