

Life after AU

Mind and Body Wellness

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#mywellnessstory

Physical Wellness

Nutrition

Sleep Habits

Stress Management

Physical Activity

Illness Prevention

Physical Wellness: Illness Prevention

- Go to recommended check-ups (physical, eye and dental).
- Be a partner in your health with your health care provider - share information on symptoms and health, ask questions, make sure you understand, and participate in decision-making about recommendations for care.
- Do monthly breast and/or testicular exams.
- Listen to your body and respond appropriately and learn to recognize early signs of illness.
- Stop your use of tobacco products and protect yourself against second-hand smoke.
- Use any prescription or non-prescription medications only as recommended and don't share with others.
- Watch your exposure to the sun. Wear sunscreen. Avoid tanning booths.
- Use seat belts and helmets, and encourage others to do so.

Physical Wellness: Nutrition

- Eat a rainbow of fruits and vegetables at every meal or snack
- Start the day with a nutritious breakfast consisting of grains, protein, calcium, and fruit or vegetables.
- Relax and enjoy your meals. Give yourself time to savor the pleasure of eating.
- Accept and love your body and all it does for you. Allow only positive thoughts and comments about your body.
- Stay hydrated to feel good and perform well.
- Respond to signals of hunger and fullness. They are your portion control guides.
- Eat an array of foods from various sources to ensure a balanced intake of nutrients.
- Include at least three calcium rich foods each day: dairy foods, nuts, leafy green vegetables, tofu, beans, and fortified cereals. And don't forget to focus on fiber: fruits, vegetables, whole grains, beans, nuts and seeds.
- Fish, walnuts, soy products, and fortified foods such as cereal and eggs contain essential fatty acids for heart, brain and immune health.

Physical Wellness: Nutrition

- Make a decision regarding how you will approach alcohol
- If you choose to drink, drink in low risk ways. (drink in a way that minimizes negative consequences).
- The choice not to drink is always a low-risk choice. Even if you choose to drink one day, you can choose not to drink the next.
- Eat food before and while you are drinking. Food slows the absorption of alcohol.

Physical Wellness: Body Movement

- Being active helps maintain healthy bones, muscles and joints.
- Physical activity decreases the risk of some health problems such as heart disease, stroke, diabetes, and high blood pressure.
- Exercising helps reduce feelings of anxiety and depression, helps prevent and manage stress, and promotes mental well-being.
- Adults should try to be physically active for at least 2.5 hours each week (around 30 minutes 5 days/week) at a moderate level.
- Participate in activities that strengthen muscles and bones at least 3 days/week.
- Be sure to include stretching/flexibility activities to keep muscles and joints healthy and decrease risk of injury.
- Shake it up! Vary your activities to decrease boredom and to keep your body guessing.
- No pain, no gain is a myth! Do activities/movement that you enjoy (dancing, bowling, basketball, yoga, weights, walking, biking, etc). The key is to develop healthy lifestyle activities and habits.

Physical Wellness: Sleep

- Getting consistent and adequate sleep helps your body and mind rest and repair.
- Protects you from illness and helps regulate weight.
- Allows you to be more productive and creative.
- Maintains mental health and increases your ability to retain and process information and solve problems.
- Don't exercise, work or study right up until you go to bed. Take time to relax.
- Limit the activities you do in bed so your body recognizes it as a place to rest and relax.
- Don't take sleep medications unless prescribed.

Physical Wellness: Stress Management

- Stress is the physical, emotional, and mental response to change.
- Excessive negative stress may be a key element in half of all illnesses.
- Your stress level affects your immune and nervous systems, heart, metabolism and hormones.
- Common signs of stress include: eating issues, sleeping problems, decision-making issues, procrastination, anger, crying often, frequent illness, and substance abuse.
- Quick stress reducers: exercise, spending time with friends, a good yell/cry.
- Take time for yourself. Make self-care a priority. Find time to relax every day, if only for a moment or two.
- Stress is a normal part of life. Learning how to manage stress means knowing what stresses you, expressing your feelings, caring for your body, and not being afraid to ask for help.
- Organization may help to reduce stress. Make to-do lists and prioritize your tasks. Tackle one thing at a time.
- Learning to say “no” is an important part of stress reduction. Know and accept your limits.
- Practice self-love. Self esteem is critical to stress management. Reinforce positivity by surrounding yourself with positive people.

Social Wellness

- Development of assertiveness skills not passive or aggressive ones.
- Balancing social and personal time.
- The ability to be who you are in all situations.
- Becoming engaged with other people in your community.
- Valuing diversity and treat others with respect.
- Continually being able to maintain and develop friendships and social networks.
- The ability to create boundaries within relationship boundaries that encourage communication, trust and conflict management.
- Remembering to have fun.
- Having supportive network of family and friends.

Spiritual Wellness

- Development of a purpose in life
- Ability to spend reflective time alone
- Taking time to reflect on the meaning of events in life
- Having a clear sense of right and wrong, and act accordingly
- Ability to explain why you believe what you believe
- Caring and acting for the welfare of others and the environment
- Being able to practice forgiveness and compassion in life



Spiritual Goals

Identify the Destination.
Embrace the Journey



Spiritual Goals

- Background and Development
- Why? The Context for Spiritual Goals
- What? The Process for Setting Spiritual Goals
- How? Setting Goals with Purpose
- Six Areas for Setting Intentional Goals
- Spiritual Goals Worksheet

Background and Development

We often have academic and vocational goals that we are working toward, but what goals have we set for our spiritual lives? Have you taken the time to think about how you want to grow and change spiritually over the next 4-5 years and what steps may need to be taken to reach those goals?



Background and Development

In general, many people do not set goals for their spiritual life and still expect to experience Spiritual Growth.

Intentional personal Spiritual formation is essential for spiritual growth.



Key Concept

Everyone in the world is spiritually forming. It is just a matter of whether or not you are moving toward or away from God.

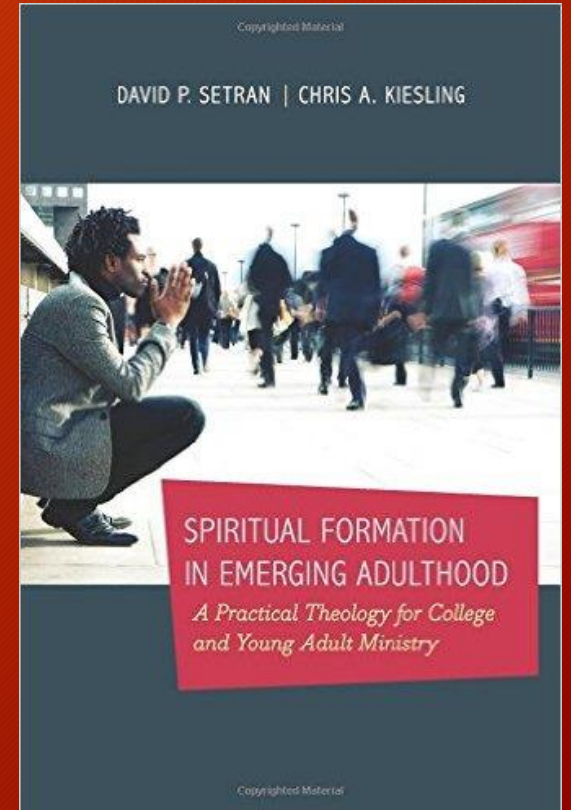
WHY?

The Context for Spiritual Goals

“The assumption seems to be ‘Whatever happened in my early twenties stays in my early twenties,’ and the memories and behavioral consequences will never haunt them down the road. Many emerging adults assume that they will be able to flip a switch when they reach marriage and parenthood, leaving behind youthful passions to become sober, faithful and responsible adults. Instead every experience builds on previous experiences and lays a foundation for subsequent experiences. Emerging adults often fool themselves into thinking that ‘some day,’ in five or ten years perhaps, they will simply be able to become the man or woman that they dream about.”

- David P. Setran and Chris A. Kiesling

#YOLO



WHY?

The Context for Spiritual Goals

We are designed for a life of
abundance, freedom, purpose, & Fulfillment.

WHY?

The Context for Spiritual Goals

Have nothing to do with godless myths and old wives' tales; rather, train yourself to be godly. For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

-1 Timothy 4:7-8



WHY?

The Context for Spiritual Goals

“... we are to grow up in every way into him who is the head, into Christ, from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.”

Ephesians 4:15-16 (ESV)



WHY?

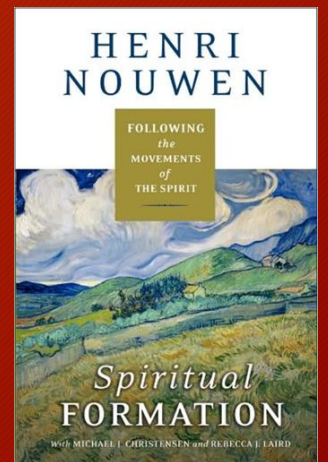
The Context for Spiritual Goals

Jesus offers freedom and abundant living!

“The Spiritual Life is a life in which we are set free by the Spirit of God to enjoy life in all its fullness. By this Spirit we can indeed ‘be in the world without being of it’. We can move freely without being bound by false attachments; we can speak freely without fear of human rejection; and we can live with peace and joy even when surrounded by conflict and sadness.”

“The spiritual life, therefore, is not a life that offers a few good moments between the many bad ones, but an abundant life that transforms all moments into windows through which the invisible becomes visible.”

- Henri Nouwen, *Spiritual Formation*



Outcomes and Characteristics of the Abundant Life

LOVE

Fulfillment and Purpose

joy

Discovery of identity in Christ

Living in Freedom rather than fear and shame

Barriers to the Abundant life

Time Restraints and Overcommitment

Comparison

Lack of self-awareness

Lack of Direction

doubt

Lack of role-models

Unhealthy habits

Spiritual Goals ARE NOT...

- Checking off a “list”
- Legalism

Spiritual Goals ARE...

An opportunity to be very intentional at this time in your life. You are in the position to impact the world in powerful ways.

Don't waste it!

Spiritual Goals

Spiritual Goals are meant to be about who you are and who are becoming, not merely what you do.

What?

The Process of Setting Spiritual Goals

- Identify the **DESTINATION**.
- Embrace the **JOURNEY**.

Crucial Questions in Identifying Spiritual Goals

“What do I want to be known for?”

**“What do I want to confidently know
about myself?”**

How?

Setting Goals with PURPOSE

- **PRAYER** is the foundation! Pray before you begin.
- Recognize who you are as a **UNIQUE** creation. Your goals should reflect *your* passion, personality, talents, and calling. This will help you as you come up with your *DESTINATION POINT*.
- Your goals must be **REACHABLE** and attainable. Be realistic. . If you don't pray regularly now, don't expect that you can begin praying for 45 minutes every day.
- Make a **PLAN**. Develop a strategy for reaching your goals. *What* steps will you take? *Who* is in your life that can provide support for you? *When* will you meet your goal? The *what, who, and when* should be outlined in the *JOURNEY*.
- Determine measurable **OUTCOMES**.
- Be **SPECIFIC**. Do you want to memorize scripture? Which scripture? How?
- Prepare to **ENDURE**. Make sure that your goals are challenging, give yourself grace, and don't give up!

Six Areas to Set Intentional Goals

goal

noun:

The result of
achievement toward
which effort is directed:

AIM: END: TARGET:
INTENTION

- Community
- Character
- Connection (Intimacy with God)
- Care for Self
- Correction
- Creation

COMMUNITY



COMMUNITY

Therefore if there is any encouragement in Christ, if there is any consolation of love, if there is any fellowship of the Spirit, if any affection and compassion, ² make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose. ³ Do nothing from selfishness or empty conceit, but with humility of mind regard one another as more important than yourselves; ⁴ do not *merely* look out for your own personal interests, but also for the interests of others. ⁵ Have this attitude in yourselves which was also in Christ Jesus.

- Philippians 2:1-5

³ For through the grace given to me I say to everyone among you not to think more highly of himself than he ought to think; but to think so as to have sound judgment, as God has allotted to each a measure of faith. ⁴ For just as we have many members in one body and all the members do not have the same function, ⁵ so we, who are many, are one body in Christ, and individually members one of another. ⁶ Since we have gifts that differ according to the grace given to us, *each of us is to exercise them accordingly*: if prophecy, according to the proportion of his faith; ⁷ if service, in his serving; or he who teaches, in his teaching; ⁸ or he who exhorts, in his exhortation; he who gives, with liberality; he who leads, with diligence; he who shows mercy, with cheerfulness.

- Romans 12: 3-8

COMMUNITY

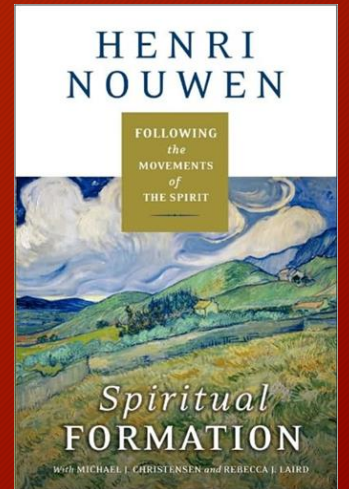
²⁴...and let us consider how to stimulate one another to love and good deeds,²⁵ not forsaking our own assembling together, as is the habit of some, but encouraging *one another*, and all the more as you see the day drawing near.

-Hebrews 10:24-25

COMMUNITY

Spiritual Formation is formation in community... In community we learn what it means to confess our weakness and to forgive each other. In community we discover our own woundedness, but also a place of healing. In community we learn true humility. Without community, we become individualistic and egocentric. Therefore, spiritual formation always includes formation to life in community.

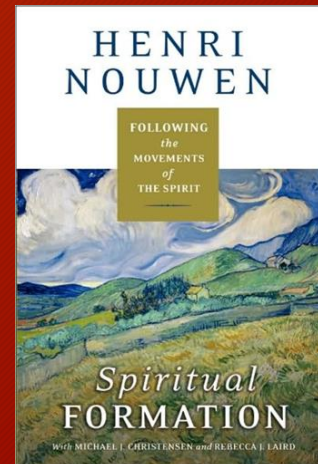
-Henri Nouwen, *Spiritual Formation*



COMMUNITY

In and through community we come to recognize each other as brothers and sisters in Christ and sons and daughters of the same God. Because it is a quality of the heart, community cannot be identified with any particular institutional form. Community is a gift of the Spirit that may present itself in many different ways: in silence as well as in words; in listening as well as in speaking; in living together as well as in solitary life; and in various forms of worship and active service.

-Henri Nouwen, *Spiritual Formation*



COMMUNITY

- Set goals relating to interpersonal relationships with family, friends, classmates, co-workers, and neighbors.
- How can you care well for others and incorporate accountability into your life?



COMMUNITY

Spiritual Goals Worksheet

Community

Philippians 2:1-5; Romans 12:3-8, Hebrews 10:24-25

Destination Point:

Journey:



COMMUNITY

Sample Goal

Destination Point:

I want those I am in community with to know that I will drop what I am doing and pray with them... not just for them, but in the moment.

Journey:

Intentionally pray with a friend, co-worker, family member (excluding children—this should be happening anyway!) at least twice a week, even a stranger. In order for this to happen, I need to make it a practice to pray for people specifically in my personal prayer life.

Create a daily prayer journal and keep up with it at least 4 days each week.



COMMUNITY

Sample Goal

Destination Point:

Find healing from the hurt I have experienced from the church and reconnect with a local church.

Journey:

Meet every two weeks with a person in ministry or Christian leadership that I trust that I can talk through my pain with. Make a list of what I am looking for in a church and what things I can let go. Begin visiting churches and find one I can connect with by this time next year.



CHARACTER



CHARACTER

²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, ²³ gentleness, self-control; against such things there is no law.²⁴ Now those who [a]belong to Christ Jesus have crucified the flesh with its passions and desires.²⁵ If we live by the Spirit, let us also [b]walk by the Spirit. ²⁶ Let us not become boastful, challenging one another, envying one another.

- Galatians 5: 22-26

CHARACTER

Character goals may include internal attitude adjustments or a focus on one of the Fruits of the Spirit:

love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, and self-control.

-Galatians 5



CHARACTER

Spiritual Goals Worksheet

Character

Galatians 5:22-26; II Peter 1:3-8

Destination Point:

Journey:



CHARACTER Sample Goal

Destination Point:

Exercise greater self-control in my dating relationship.

Journey:

Outline specific physical boundaries with the person I am dating. Share this list with a trusted mentor who can hold me accountable. Pray daily for strength to overcome this temptation.



CONNECTION (Intimacy with God)



CONNECTION (Intimacy with God)

⁴ Rejoice in the Lord always; again I will say, rejoice! ⁵ Let your gentle *spirit* be known to all men. The Lord is near. ⁶ Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷ And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things. ⁹ The things you have learned and received and heard and seen in me, practice these things, and the God of peace will be with you.

- Philippians 4:4-9

CONNECTION (Intimacy with God)

⁵ Trust in the LORD with all your heart
And do not lean on your own understanding.
⁶ In all your ways acknowledge Him,
And He will make your paths straight.
- Proverbs 3: 5-6

¹⁸ but grow in the grace and knowledge of
our Lord and Savior Jesus Christ. To Him *be* the
glory, both now and to the day of eternity.
Amen.

- 2 Peter 3:18



CONNECTION (Intimacy with God)

How can you create a greater connection between you and God, the Creator, the higher power outside of yourself?



CONNECTION (Intimacy with God)

Spiritual Goals Worksheet

Connection (intimacy with God)

Philippians 4:4-9, Proverbs 3:5-6, II Peter 3:18

Destination Point:

Journey:



CONNECTION (Intimacy with God)

Sample Goal

Destination Point:

I want to know confidently that I WILL exercise obedience to God no matter what and that I am consistently growing in my connection with God.

Journey:

Plan one afternoon each month for connecting with God in a unique way and to take inventory of the relationship. Spend 5 minutes a day simply listening to God. Study Bible characters that exemplify obedience.

CONNECTION (Intimacy with God)

Sample Goal

Destination Point:

I want to figure out if I line up with more with my mom's beliefs (Church of God) or my dad's beliefs (Catholicism) and decide which faith I want to pursue in my life.

Journey:

Meet with a Catholic priest and a Church of God pastor at least twice in the next 6 months. Talk to my parents about what they love about their faith sometime in the next 6 months. Attend a catholic church for 3 months and then a Church of God for 3 months. Talk regularly with friends and a trusted mentor about what I am feeling and thinking after these conversations and experiences. Pray intentionally at least twice a week about this. After 6 months, decide if I have peace about making decision. If I don't, outline some other ways to continue to sort this out.

CORRECTION



CORRECTION

¹⁶ But I say, walk by the Spirit, and you will not carry out the desire of the flesh. ¹⁷ For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please. ¹⁸ But if you are led by the Spirit, you are not under the Law. ¹⁹ Now the deeds of the flesh are evident, which are: immorality, impurity, sensuality, ²⁰ idolatry, sorcery, enmities, strife, jealousy, outbursts of anger, disputes, dissensions, factions, ²¹ envying, drunkenness, carousing, and things like these, of which I forewarn you, just as I have forewarned you, that those who practice such things will not inherit the kingdom of God.

CORRECTION

- ❑ Set goals related to breaking unhealthy habits, practices, or attitudes in your life.



CORRECTION Spiritual Goals Worksheet

Correction

Galatians 5:16-21

Destination Point:

Journey:



CORRECTION

Sample Goal

Destination Point:

Replace selfishness with selflessness in my relationships. Give freely of my time, resources, and talents to those around me.

Journey:

Practice this with my husband and children and then extend this to other relationships and Friendships, neighbors, and strangers.



CORRECTION

Sample Goal

Destination Point:

Discover what attitudes or behaviors need to be overcome in my life. (I'm not sure how I need to grow! I must have a lot of blind spots!)

Journey:

Pray daily that God will reveal areas in my life that need to be refined. Talk to my best friend and pastor about areas of growth they see in me. Spend 20 minutes each week just listening to God. After God reveals an area, set a new goal to work toward growth in this area.



CORRECTION

Sample Goal

Destination Point:

*Discontinue the unhealthy habit that has been part of my life for so many years.
(Examples: pornography, alcohol consumption/intoxication, lying)*

Journey:

Join a support group for my addiction and also go to one of the counselors on campus.



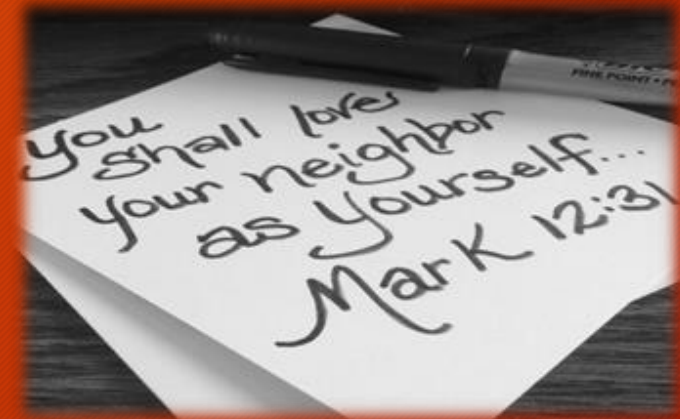
CARE FOR SELF



CARE FOR SELF

²³ I do all things for the sake of the gospel, so that I may become a fellow partaker of it.²⁴ Do you not know that those who run in a race all run, but *only* one receives the prize? Run in such a way that you may win. ²⁵ Everyone who competes in the games exercises self-control in all things. They then *do it* to receive a perishable wreath, but we are imperishable. ²⁶ Therefore I run in such a way, as not without aim; I box in such a way, as not beating the air; ²⁷ but I discipline my body and make it my slave, so that, after I have preached to others, I myself will not be disqualified.

- 1 Corinthians 9: 23-27



And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: You shall love your neighbor as yourself. There is no other commandment greater than these.

- Mark 12: 30, 31

CARE FOR SELF

What goals can you set that will enhance the stewardship of your

soul, body, & mind?

CARE FOR SELF Spiritual Goals Worksheet

Care for Self

I Corinthians 9:24-27; Mark 12:30,31

Destination Point:

Journey:

CARE FOR SELF Sample Goal

Destination Point:

Further develop interests and talents that bring me joy and fulfillment and care for my soul.

Journey:

*Spend more time writing (1-2 blog posts a month).
Spend more time personally playing and singing
music (1-3 times a month).*

CARE FOR SELF

Sample Goal

Destination Point:

I want to be known as someone who lives a balanced life. (Takes care of myself physically, spiritually, and emotionally and is able to relax even though life is very busy and I have many responsibilities.)

Journey:

Spend 1 afternoon every week in my hammock. Go to the wellness for 30 minutes M,W,Th,and F before my 9 am classes.

CREATION



CREATION

²⁶ Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? ²⁷ And which of you by being anxious can add a single hour to his span of life?^[a] ²⁸ And why are you anxious about clothing? Consider the lilies of the field, how they grow: they neither toil nor spin, ²⁹ yet I tell you, even Solomon in all his glory was not arrayed like one of these.

- Matthew 6:26-29



CREATION

What a wildly wonderful world, God!
You made it all, with Wisdom at your side,
made earth overflow with your wonderful creations.
Oh, look—the deep, wide sea,
brimming with fish past counting,
sardines and sharks and salmon.
Ships plow those waters,
and Leviathan, your pet dragon, romps in them.
All the creatures look expectantly to you
to give them their meals on time.
You come, and they gather around;
you open your hand and they eat from it.
If you turned your back,
they'd die in a minute—
Take back your Spirit and they die,
revert to original mud;
Send out your Spirit and they spring to life—
the whole countryside in bloom and blossom.

-Psalm 104:24-30



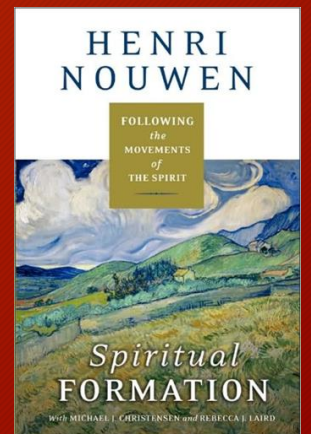
CREATION

“It is so sad that many do not believe in the ministry of nature to us. We easily limit ministry to the work of people for people. But we could do an immense service to our world if we would let nature heal, counsel, and teach again”

“When we receive in our hearts with gratitude and awe what God has created, we see nature as it truly is- a transcendent reality that asks for reverence and respect.”

“Food and drink, clothes and homes, mountains and rivers, oceans and skies- all become transparent when nature discloses itself to those with eyes to see the loving face of God.”

-Henri Nouwen, *Spiritual Formation*



CREATION

- Humanity is part of a world that reaches beyond the individual. Identify a goal that will enable you to be more attuned, attentive, and involved in the world.



CREATION

Spiritual Goals Worksheet

Creation

Matthew 6:26-29; Psalm 104: 24-30

Destination Point:

Journey:

CREATION

Sample Goal

Destination Point:

Seek to discover connection with God through nature in my present environment. (I sense God so near and clearly at the ocean and even on city streets. How can I sense God through nature in Indiana?)

Journey:

Intentionally look to find something of beauty in nature of every day. Write down in a journal what I see and how it makes me feel or connects me to God in a unique way.

CREATION

Sample Goal

Destination Point:

Grow in understanding and participation of taking care of the created world. Journey:

Spend time once a month with my friend who is passionate about the environment and embrace one new habit every 3 months that shows intentional care for the created world for the next year.



Final Thoughts

Make a plan and do your best to stick to it.
Eliminate guilt and don't should on yourself; embrace grace.
Don't go at it alone.
Love yourself and practice self/soul stewardship.
Make Celebration a regular part of your life.