



Newton South Wellness Newsletter



WORK PLAY REST



From the desk of...
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Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. “A state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity.” – The World Health Organization

Welcome to *Volume 2, Issue #1* of the Newton South Wellness Newsletter! The goal of this periodic publication is to educate, motivate and communicate the values of living a wellness lifestyle. Our department is dedicated to helping students, faculty/staff, and community members understand the effects of daily decisions and their impact on overall health and well-being. The newsletter is divided into three sections: wellness dimension focus, wellness in the news, and tips for living. Let's get started!

Wellness Dimension Focus – Spiritual Wellness – *Finding meaning in life events, demonstrating individual purpose and values through behaviors, and being compassionate towards others. Appreciating beauty, nature, and life.* Whenever I am involved with discussions of **Spiritual wellness** the word **Altruism** comes to mind. The Wikipedia definition of altruism or selflessness is “the principle or practice of concern for the welfare of others.” Altruistic behavior should be at the core of our society's actions. We live in difficult and demanding times that can sometimes alter our ability to make sound decisions. Living for others will make our decisions easier and bring us closer to inner peace.

Signs of 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
- (<https://www.unh.edu/health/ohep/spiritual-wellness>)

Wellness in the news – *Why Settle for “Good” When Your Life Can Be Great?*” by Michael Corthell

...How to move from the average “good” to the absolutely great life?...

Study your life and engage with it. Always search for newness in it. Examine new goals and opportunities continually. Set your course and be passionate about it.

Be serene: be concerned (not worried) only about those things that are in your control. Always remember that it is your reaction to events that is most important, not the event itself. Accept life on life's terms.

Remember the true value of friendship. It is priceless and therefore cannot be bought. Cultivate and treasure friendships always. No amount of money, power, or fame can take the place of good, trusted friends and loved ones.

Keep life simple and seek true pleasure, things that calm you. Seek deep pleasure that is lasting and not transient. Loving people and serving them selflessly is the prime example.

Master your own mind with truth. Resist outside influences that might blow you off course. Never lie to yourself. To be a master of your own life's destiny requires absolute direct honesty with the self-admission of all faults and defects of character.

Find balance in your life and all things. Stay away from extremes: avoid an excess of anything. Follow measure, balance, symmetry, harmony, and proportion.

Be a responsible human being. Be honest with the world and avoid shifting blame onto it for your won faults and shortcomings. Accept the consequences of your actions.

Don't be a fool for money. Money is not the solution to your problems, it is the result of you overcoming them. Prosperity needs a partner. Its name is wisdom.

Never choose evil. Never do one evil thing to another human being or life form. We get what we give. Never try to get even. Be kind. And you will be rewarded with kindness. You have heard the phrase “in kind” I'm sure. For example, if you do something “in kind” you do the same thing to someone that they have just done to you. Kindness is behavior marked by ethical characteristics, a happy, pleasant disposition, and a regard for others. It is known as a virtue, and is seen as a highly valuable trait in almost all cultures and religions. Kindness is the apex of human behavior, it is the true greatness.

Tips for living – *“Human greatness does not lie in wealth or power, but in character and goodness. People are just people, and all people have the faults and shortcomings, but all of us are born with a basic goodness.”* – Anne Frank



”GOOD PEOPLE”

