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Don't Forget My Name

Have you ever called someone the wrong name, or forgotten someone's name you really should have remembered?

It can be very embarrassing to forget names. Students and staff frequently meet new people since BYU-Idaho is ever-changing, leaving many names to remember. Staff members may need to learn over a hundred student names a semester.

Your social interactions in church, school and business networking can improve just by remembering others' names.

By remembering someone's name, you can gain instant rapport with that person. It makes a great impression with employers.

When we remember someone, we're telling that person, "You're important." Therefore, when we forget a person, we may leave the opposite impression.

You most likely will see someone new soon. Make sure to try these tips and remember that person's name.

Be interested in them, not you. When you are focused more on what you will say you may not focus on people's names as they are being introduced.

Use repetition. Try to use a person's name three or four times in the conversation you meet the person. Also, repeat the name to yourself.

Associate the name to something else. Perhaps imagine the person standing with a famous person with the same name, or with an object that sounds similar to their name. Sometimes the more bizarre the mental image, the easier it can be to remember.

Imagining writing their name on their forehead. Imagine painting their name using different colors. Keep this image in your mind for three to fifteen seconds.

Pay attention to distinguishing physical features. Make a connection between the name and the person so that the connection is more solid.

Practice makes perfect. Continually test yourself, and watch as your memory grows.

You can remember names. "I never have been good at remembering names," said Elise Cammack, a former BYU-Idaho student. "But I tried the techniques you told me about, and I was able to remember more names in my new ward than I was able to remember before."

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Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment or the smallest act of caring, all of which have the potential to turn a life around.

- Leo Buscaglia



Are You Running Out of Time?

It's 10 minutes until your meeting, and you're still scrambling to find that report. Finally, you find it and run out the door. Time always seems to be against you when you need it the most. You can't seem to stop being late.

Too many Latter-day Saints operate on what's known as "Mormon Standard Time," which usually means arriving 5–20 minutes late to an activity.

How often do you find yourself running late for no apparent reason? Whether you slept in past your alarm or felt no need to rush, being late can hurt you. You miss parts of lectures and meetings and decrease your reliability to peers and coworkers.

Alex Warner, a graduating Senior attending BYU–Idaho, adds: "It's disrespectful to the people. Their attention is refocused when you're late, and it derails the discussion from what is happening to your entrance."

Punctuality has benefits. Meetings and events start on time. You won't arrive late and feel sheepish as you interrupt a discussion. Punctuality makes you more reliable to your peers, coworkers and family.

Start getting ready for meetings, class and church activities earlier. Rather than waiting until the next commercial break or until it's five minutes to, create enough time to arrive so that others are not inconvenienced.

First impressions can be made or broken by consideration for time and punctuality. Focus on being on time to the next class or meeting you will attend. Leave 5–10 minutes earlier than you would normally to show respect for those who prepared. You will make a good impression by arriving on time.

A NEAT Way to Lose Weight

Have you ever asked: Why do I gain weight, while so-and-so eats more than I do but still seems to lose weight?

A study conducted by the Mayo Clinic shows that more important than exercise to losing weight are our habitual activities of daily living called NEAT (Non-exercise activity thermogenesis).

The study monitored the daily activities of 20 individuals, male and female, for one year. The researchers found that the leaner subjects moved on average for 150 minutes more than the slightly obese subjects. The researchers looked at the role of routine activities associated with that time such as sitting, standing, walking and talking.

As students and adults, we spend much of day sitting in the classroom learning or at a desk staring at a monitor, with little or no movement.

Think now of the time spent sitting while studying, watching TV and movies, and using the computer. Just standing up and moving for 150 minutes, 2.5 hours, each day can contribute to weight loss. Standing to use the computer, standing to talk to friends, walking instead of sitting with a teacher to discuss class, taking the stairs instead of the elevator, walking the long-way home—all are ways of spending more time moving.

James A. Levine, the primary NEAT researcher, explains that the 2.5 hours of increased daily activity translates into about 350 calories burned. This could work out to a weight loss of up to about 30 pounds in a year.

To shed a few extra pounds we should go to the gym, but even just get up off the couch or out of the office chair, and spend a few minutes walking here and there.

BYU-Idaho Wellness Center

The BYU-Idaho Wellness Center promotes health and wellness among the entire BYU-Idaho community through preventive, therapeutic, and health care services as well as incentive programs.

Contact Information

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Note:

If you're planning on participating in the DMBA program to earn up to \$100 back on your premium, visit <http://www.dmba.com/wellness/wellness.asp>.



THYMES AND SEASONS

Keep your family healthy and satisfied with these recipes.



PHILLY® Blueberry Swirl Cheesecake

1 cup Graham Cracker Crumbs
1 cup plus 3 Tbsp. sugar, divided
3 Tbsp. butter or margarine, melted
4 pkg. (8 oz. each) PHILADELPHIA Cream Cheese, softened
1 tsp. vanilla
1 cup Sour Cream
4 eggs

2 cups fresh or thawed frozen blueberries
PREHEAT oven to 325°F. Mix crumbs, 3 Tbsp. of the sugar and the butter. Press firmly onto bottom of foil-lined 13x9-inch baking pan. Bake 10 min.

BEAT cream cheese, remaining 1 cup sugar and the vanilla in large bowl with electric mixer on medium speed until well blended. Add sour cream; mix well. Add eggs, one at a time, beating on low speed after each addition just until blended. Pour over crust. Puree the blueberries in a blender or food processor. Gently drop spoonfuls of the pureed blueberries over batter; cut through batter several times with knife for marble effect.

BAKE 45 min. or until center is almost set; cool. Cover and refrigerate at least 4 hours before serving. Store leftover cheesecake in refrigerator.



Blueberry Graham Pancakes

9 Honey Graham crackers, finely crushed (about 1-1/2 cups crumbs)
1/2 cup flour
1 tsp. Baking Powder
1 egg
1 cup milk
2 Tbsp. honey
3/4 cup blueberries

COMBINE graham crumbs, flour and baking powder; set aside.

BEAT egg, milk and honey in medium bowl with wire whisk until well blended. Add flour mixture; stir just until moistened. Gently stir in blueberries.

LADLE batter onto hot lightly greased griddle or into hot lightly greased skillet, using 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn over to brown other sides.

If you don't have fresh blueberries, just prepare as directed, using frozen blueberries. Do not thaw the blueberries before adding them to batter.



Chicken Berry Salad

8 cups torn mixed salad greens
1 lb. boneless skinless chicken breasts, cooked, cut into strips
2 cups fresh blueberries
1 pkg. (8 oz.) frozen sugar snap peas, thawed
1/4 cup chopped toasted Pecans or Slivered Almonds
1 cup prepared Italian Salad Dressing & Recipe Mix (prepared with less oil version as directed on pkg.)

TOSS salad greens with all remaining ingredients except the dressing in large bowl. ADD dressing; mix lightly.

Blueberries can add a nice sweet tang to your everyday foods. Here are some tips on how to bring blueberries into your diet.

Raw: Blueberries can be a quick snack or addition to trail mix. Also try dipping them into chocolate for a unique and healthy dessert.

Baking: The flavor of Blueberries naturally lend themselves to the fluffy muffin, but try blueberries instead of raisins in your cookies and breads as well.

Jams and Sauces: Mash blueberries and cook them on the stove until boiled, add sugar and pectin according to your favorite canning recipe to make jam, or omit the pectin and make a great topping for ice cream or pancakes.

Treat yourself with Blueberries

Give your taste buds enjoyable flavors while preventing harmful diseases. Blueberries are a great source of antioxidants, which help the body fight cancer. "Another important substance in the fight against colorectal and other cancers is the antioxidant," says WebMD. Also, antioxidants combat cell-damaging free radicals. Free radicals are harmful byproducts of everyday body processes. They contribute to

heart disease, cataracts, aging and infection. In addition, scientists believe blueberries may potentially fight against heart disease and obesity by lowering blood fat and cholesterol levels. Blueberries reduce memory loss and loss of coordination. These benefits give blueberries the nickname "brain food." Nutritionists suggest eating 5–12 servings of fruit and vegetables a day. Including blueberries and other brain foods into our diet will reduce our risk of developing harmful diseases. Next time you are at the grocery store, find the blueberries and enjoy.

Stress Management Outreach Presentations

Monday, October 6

2:00 – 3:00 p. Taylor 120

Bruce Blanchard - “Lifestyle Choices That Make Stress More Manageable”

4:00 – 5:00 p. Taylor 120

Doug Craig - “The Mind-Body

Connection: Stress Symptoms & Balance Boosters”

Tuesday, October 7

4:00 – 5:00 p. Austin 105

Randy Hardman - “Got Social Stress? Strategies for the Anxieties of Relationships”

Wednesday, October 8

3:00 – 4:00 p. Taylor 120

John Rector - “The Psychological Secret: Understanding Where the Bulk of Your Upsetting Emotions Come From”

Thursday, October 9

2:00 – 3:00 p. Austin 105

Julie Shiffler - “The Gospel as an Antidote for Stress”

4:00 – 5:00 p. Austin 105

Dan Barnes - “How to Relax – Even in the Testing Center”

Stress Management Outreach Seminar

To help students with anxiety and stress, the BYU–Idaho Counseling Center will host a Stress Management Outreach Seminar from October 6–9. All students are invited and encouraged to attend any lectures offered during the Seminar.

The Counseling Center will host the seminar because of the increasing number of students who struggle with stress management and anxiety. Reed Stoddard, director of the BYU–Idaho Counseling Center said, “In a recent campus survey, students identified anxiety and extreme stress as the emotional concern that they struggle with. In addition, the Counseling Center saw an increase of 20% in anxiety disorders treated in 2007.”

Anxiety and stress hurt our physical and mental health and our performance in classes. “Anxiety and stress can detract from our quality of life by affecting work and school performance. It can damage relationships and have a negative impact on our physical health,” Stoddard said.

Do you study for hours and then do horribly because of your anxiety in the Testing Center? Dan Barnes has suggestions on how to relax. Do you struggle with the idea of going out and making new friends? Attending Randy Hardman’s seminar may be the right choice for you. The Counseling Center will address a variety of topics in the seminar to help all students.

So if you or someone you love struggles with stress management, look at the presentation times, and plan to attend the ones that will benefit you.



Boost Your Body Image

When you look in the mirror, do you like what you see? Many attractive people attend BYU–Idaho, but have a distorted view of their body.

“Even though I’m a healthy weight, sometimes when I look at myself in the mirror, I wish I could be skinner,” said Erin Klein, a Senior majoring in Earth Science Education.

It is not uncommon to hear someone telling themselves they are ugly or fat. This type of negative body image reduces self-esteem and makes people uncomfortable in their own body.

By changing negative self talk, you can change your body image, and increase your self-esteem and overall health.

Be aware of negative self talk. Everyone has an internal monologue. Listen to what you tell yourself. When you look in the mirror, do you think critically about your body?

To be more aware of your negative thoughts, practice saying “stop” whenever one enters your mind. This can stop your thoughts in midstream.

Once you are aware of your thoughts, you will be able to change them.

You can change your negative thoughts by degrees. First, try to replace strong negative thoughts with milder ones.

For example, instead of thinking “I hate my thighs! They make me angry!” think “I don’t like my thighs. They frustrate me.”

Next, change milder negative thoughts into neutral or positive thoughts. Concentrate on body parts you like. Also, change limiting thoughts to questions. Instead of thinking “It’s

too hard to like my body,” think “How can I like my body?”

Another way to develop more positive self talk is to be thankful for your body. Be grateful for the many things your body can do: for movement, sight, even the feeling of breathing.

By developing a more positive body image, you enable yourself to improve other aspects of your life as well. “Eating a healthier diet or exercising regularly comes much easier, and we are more successful at it,” said Denise Martz, a clinical health psychologist at Appalachian State University in North Carolina.

So next time you find yourself looking in the mirror, tell yourself that you are beautiful and brush aside negative thoughts that enter your head.

Release and Increase

It may seem like there isn't enough time to do anything but work and sleep. We often find ourselves racing to classes and hurrying to meet deadlines. As we get caught up in routines, we forget our own well-being. We lose track of stress relieving hobbies that help us fight through the next day.

Patricia Farrell, a clinical psychologist, asserts that people underestimate the value of a hobby. "Anytime we hear the word hobby, we assume it's a frivolous hobby," Farrell says. "I think hobbies are a way that we protect our health."

Hobbies develop personal growth and give our minds the stimulation necessary to make something of each day. Hobbies relieve everyday stress and anxiety, allowing you to make better decisions and learn at an improved pace. Whether it is something as simple as reading the newspaper, try to establish a hobby

that will draw you away from the computer and television into something that will allow you to grow rather than stagnate.

Many of us feel watching television does the trick but it doesn't. In the long-run, we need to do activities that stimulate our mind rather than shut it down. "Your brain goes into neutral when you watch television," says Dr. Amir Soas of Case Western Reserve University Medical School in Cleveland.

Do not wait until retirement to become active. Do not allow your stress to keep you in check.

Read a book, paint, learn a new language or solve crossword puzzles. Turn off the TV, stop surfing the web and create beneficial hobbies.

Hobbies act as a releasing mechanism for our stress. Through this release we increase our activity level and meet the next day sprinting.

America's Most Popular Hobbies

According to Harris Interactive the list of the most popular hobbies and leisure activities in descending order are as follows.

reading
watching TV
spending time with family
going to the movies
fishing
computer related activities
exercise
gardening
walking
renting movies

Did you know . . .

Seventy times
seven is four
hundred and
ninety!
(Matthew
18:21-22)



Forgive for Your Emotion's Sake

When you have been betrayed, lied to, forgotten, mistreated or wronged, you may feel distressed and resentful. However, these feelings harm our emotional health and hinder our well-being.

"If we can find forgiveness in our hearts for those who have caused us hurt and injury, we will rise to a higher level of self-esteem and well-being" said James E. Faust. Forgiving helps our emotional health many ways. Faust said that people who are taught to forgive become less angry, less depressed, less anxious, less stressed and more hopeful.

How do you forgive? Stress management helps us to forgive. "Stress management, whether through meditation, deep breathing or relaxation exercises, helps quell the stress of anger and resentment," according to WebMD.

Letting go of the hateful energy and anger that surrounds you, and focusing your thoughts on those who care about you and the things you like in your life can also help, according to Sandy Adams of WebMD.

The positive effects are more than worth the effort to find forgiveness in your heart. So if you are holding onto resentful feelings toward someone, forgive them. Forgiving will allow you to increase your emotional well-being.

Blessed by the Hymns

That green book sitting next to you on the bench every Sunday is often overlooked, its pages worn and torn by eager toddlers, sleepy deacons and maybe even you.

Yet the hymnal provides strength, power and comfort to everyone who takes the time to appreciate its content.

Hymns play an important part of our church worship, but often we stare blankly ahead as we mutter the words.

But, "some of the greatest sermons are preached by the singing of hymns," according to the First Presidency.

Not only should you use the hymnbook in Church on Sundays, but you should make hymns part of your home. Play the hymns

and sing them with your family. Create a special place in your home for the hymnbook. Or memorize the words to your favorite hymn.



The First Presidency promised us that the hymns benefit not only our church meetings and family, but our individual lives as well. "Hymns can lift our spirits, give us courage and move us to righteous action."

Brother Blakely, a member of a bishopric here on campus, has found the blessing that comes from the hymns, and said, "The more I listen and study the hymns, the closer I feel to my Savior."

Next time you have a few minutes before your Sunday meeting starts, take the time to open that overworked book next to you, and "it shall be answered with a blessing upon [your] head." (D&C 25).

The Impact of Complimenting

Imagine you were having a bad day. You slept through your alarm, you had to get ready in less than 10 minutes and you forgot your homework on your bed. But someone in class said that you looked great. You found your mood suddenly improving. The world became better with just that one compliment.

Complimenting our peers can help them have a better mood and increase their sense of wellbeing.

Genuine compliments have a big influence on “our sense of self worth, physical as well as mental well-being, how successful we are and indeed how good we look.” According to an article in the PRNews Wire, “Olay Reveals the Radiant Power of a Compliment Across the UK.”

We build each other up and create positive relationships by complementing one another. Complimenting others shows our appreciation and helps others feel loved and acknowledged.

Compliments help people feel that others pay attention and notice them. When others compliment us, we more easily see our self-worth.

However, be careful. Coert Visser, author of “Learning to Compliment Effectively,” warns us not to be phony or praise in a way that sets up competition. People can sense a phony compliment, and it may make them feel inadequate.

Be sincere in complimenting and remember to take the time to notice something positive about someone else. This not only increases your positive feelings, but also helps people feel more secure and successful.

Look around right now. If you see someone who you admire, or looks nice, make sure to compliment them. It may make their day better.



Crocs: They're More Than Meets the Eye

Either you instantly fall in love with the electric colors of Crocs, or you find them ugly. Crocs' fan base continually grows on campus and across the nation. Although these shoes may not appeal to everyone's fashion sense, wearing Crocs can help your health.

The marshmallow-like material and unique design relieves stress on feet, knees, hips and lower backs, reducing pain in these areas. The company's website explains that the unique design includes built-in arch support to reduce foot pain, circulation nubs to improve the feet's blood circulation and an orthotic heel cup that protects and supports the heel. The company offers several designs including the Rx Croc with extra health benefits.

One benefit of crocs according to Harold Glickman, DPM, former president of the American Podiatric Medical Association

(APMA), is that they give “the front part of the foot lots of room.” Additionally, WebMD says, “Rx Crocs [are] lined with antibacterial material that will prevent fungal and bacterial infections.”

Glickman also recommends trying crocs instead of wearing flip-flops. Not only do Crocs offer better foot protection, but Croc wearers experience relief and comfort, while flip-flop wearers often experience arch and heel pain because of the lack of support.

Crocs carry the seal approval of the APMA, meaning that the footwear encourages good foot health.

Whether you experience foot, leg or back pains or simply want an alternative to flip-flops, try out Crocs. You may find that you can overcome their unique fashion and fall in love with their bright colors, comfort and pain relief.

BYU-Idaho on Wellness is a student project produced in cooperation with the BYU-Idaho Wellness Committee and the Departments of Health Science and English. For sources, subscriptions or other information, contact Leon Anderson at 208.496.1958. You can also find us online at www.byui.edu/CampusWellness.

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