

February
2005



BYU WELLNESS PROGRAM NEWSLETTER

YOUR CHOICES



COMMUNICATION AND WELLNESS

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Communication is to the soul as blood is to the physical body. When the blood is carrying proper oxygen and nutrients to the cells and is removing carbon dioxide and other wastes, the body can be healthy. Exercise and rest assist in the proper functions of the physical body. However, if there are toxins or improper nutrients with lack of exercise and rest the body does not function in its optimal way.

So it is with proper communication for the soul. Effective communication keeps the emotional, social, intellectual and aesthetic realms of the soul functioning properly, and this has a direct affect upon the physical body. If, however, communication is dysfunctional, then the physical body and the soul are diminished in their ability to cope and grow. For example, all forms of loss (such as death, divorce, natural disasters, offenses and various forms of abuse) if not properly grieved and processed, lead to lower self-esteem and self-control. These, in turn, lead to defensiveness which further minimizes effective nurturing and growth for the individual and the relationship.

Some of the key elements in effective communication include: Intrapersonal Communication Skills and Interpersonal Communication Skills.

Intrapersonal Communication Skills include:

* Learning to *Listen to Oneself* through 10 dimensions of being and assessing their level of fulfillment. These include: loving and being loved, feeling competent and worthwhile to oneself and others, open communication in sending and receiving messages within oneself and between partners, sense of direction, sense of self-control, service to others, and rightfulness of fit--being in alignment with our purpose of life.

*Getting in touch with your *Personal Belief System*--your "window of perception" which governs your choices in relationships with yourself and others. This involves re-observing previous experiences and how they were interpreted, and then, how they were anchored within oneself.

* Using *Relationship Assessment/Enrichment* as a means of observing areas in your life that need additional processing and ways, these influence and are influenced in interactions with others.

*Applying *Forgiveness Principles and Processes* that remove dysfunctional beliefs about forgiveness and lead to personal (and relational, when appropriate) healing and peace within oneself.

Interpersonal Communication Skills include:

*Understanding *Listening and Speaking Barriers* and applying *Listening and Speaking Facilitators*. We have yet to effectively teach the process of the listener listening to assist the speaker in understanding him/herself.

*Developing *Verification Feedback Processes* to bring greater understanding within oneself and between partners.

*Using the 6 steps of the *Conflict Resolution Model* to move the stress and strain of conflicts from working on the symptoms of the conflict versus the roots of the conflict.

The above principles, processes, and skills are some of the elements of effective communication that will lead to greater wellness within individuals and their relationships. The culture we grow up in perpetuates the continuance of ideas and practices that do not lead to well-being. This can be changed with proper knowledge and effort. These communication processes and others as important in one's well-being, are available through course instruction and individual implementation.

UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT
wellness.byu.edu OR CALL 2-5884

ALL EVENTS ARE ^{FREE} **FREE** UNLESS OTHERWISE NOTED

Hands-On Strength Training Well & Wise Session

February 10, 12:00 p.m. - 1:00 p.m.

SFH 293 B

Still too intimidated to go to the weight room? Come and get some hands-on experience and instruction as to how to utilize the weight room and be able to make the most of developing a better strength training program. Call to register.

Basketball Tournament

February 11, 9:30 a.m. - 11:30 a.m.

Take a break for a game of 3 on 3 basketball. Prizes and Refreshments to follow. Check our wellness website and sign up today!

Cholesterol, Glucose, and PSA Screenings

February 14-16, 7:30 a.m. - 10:30 a.m.

WSC 3228

Cholesterol, Glucose, and PSA screenings. Free to DMBA and Altius members. There will be a charge to non-DMBA and Altius Members. Register online.

Building Close and Loving Relationships Well and Wise

February 23, 12:00 p.m. - 1:00 p.m.

3380 WSC

Not only does physical exercise strengthen the heart, but healthy relationships can strengthen one's heart and wellness. Dr. Stephen F. Duncan, from the School of Family Life, will present to us the "keys" for strengthening our relationships.

Defensive Driving Training

February 24, 1:00 p.m. - 5:00 p.m.

Fasten your seatbelts and learn how to improve your defensive driving skills. Register online.

E.A.R.S. to You!

"Just listen and smile, and people will say what a marvelous conversationalist you are."

-Anonymous

Ever thought of using your ears more than your lips to communicate? Here are a few *tips*, maybe not for the *lips*:

Engage yourself in the conversation. Don't drift off. Listen (empathically) with your *ears*.

Ask! Asking clarifies and gives the other person the opportunity to speak.

Refrain from interjecting or interrupting the speaker. Let the other person take the spotlight.

Smile. Even if you have to, "fake it 'til you make it." Let the other person know that you're interested. A smile can speak more than a thousand words.

Put your *E.A.R.S.* to the challenge: Determine how long you can carry on a conversation, naturally, without words.