

# “A DIY Guide How to Become the Healthiest University in the World (When Well-being Means More than Being Well)”

www.newperceptions.tv

## » Forbes

- “What Would You Pay for Extra Years of Perfect Health?”  
([www.forbes.com/sites/davidrae/2018/06/19/perfect-health/#43ad19312ee2](http://www.forbes.com/sites/davidrae/2018/06/19/perfect-health/#43ad19312ee2))

## » Harvard University 75 years longitudinal study

- “The conclusion? According to Robert Waldinger, director of the Harvard Study of Adult Development, one thing surpasses all the rest in terms of importance ‘The clearest message that we get from this 75-year study is this: Good relationships keep us happier and healthier. Period.’  
([www.inc.com/melanie-curtin/want-a-life-of-fulfillment-a-75-year-harvard-study-says-to-prioritize-this-one-t.html](http://www.inc.com/melanie-curtin/want-a-life-of-fulfillment-a-75-year-harvard-study-says-to-prioritize-this-one-t.html))
- Waldinger: “It’s not just the number of friends you have, and it’s not whether or not you’re in a committed relationship. It’s the quality of your close relationships that matters.”
- Harvard psychiatrist George Vaillant re two foundational elements to the study: “One is love. The other is finding a way of coping with life that does not push love away.”

## » 3 John 1-2—a prayer for *Mens, Corpus, Spiritus*

- English study of retirees: “Spirituality and religion appear to . . . bring [1] a sense of personal meaning; [2] control beyond one’s own resources; [3] comfort; and [4] intimacy with a higher power; and they are life transforming, leading people to replace old values with new. . . The findings suggest that older adults who derive a sense of meaning in life from religion tend to have higher levels of life satisfaction, self-esteem, and optimism.”  
([academic.oup.com/psychsocgerontology/article/59/3/P123/563604](http://academic.oup.com/psychsocgerontology/article/59/3/P123/563604))
- Canadian study of college students: “Canadian college students who are involved in campus ministries visited the doctor less. They also scored higher on tests of psychological well-being [PWB], and coped with stress more effectively.”  
([www.verywellmind.com/how-spirituality-can-benefit-mental-and-physical-health-3144807](http://www.verywellmind.com/how-spirituality-can-benefit-mental-and-physical-health-3144807))

## » A DIY guide—5 strategies to grow spiritually (University of Northern Iowa)

- Be \_\_\_\_\_. Spiritual truths often come in the form of a still small voice that is difficult to hear above the chaos and confusion of a frantic lifestyle. Set aside time for solitude and meditation. [Go to [www.pmchurch.org/projects/newwaytopray](http://www.pmchurch.org/projects/newwaytopray)]
- Be \_\_\_\_\_ to the spiritual. Spiritual experiences often come in unexpected forms and packages.
- Be \_\_\_\_\_ and curious. An attitude of active searching increases your options and your potential for spiritual centering. Meditation may very well allow you to experience tranquility and peace.
- Be \_\_\_\_\_ to pain and grief. Pain helps us focus on the widest questions of our being. It's a deepener. A life without pain leads to a sparse, shallow existence. Allow yourself to feel your pain fully, then ask, "What is it trying to teach me?"
- Be \_\_\_\_\_. Play is a pleasurable, freeing experience. It breeds spontaneous enthusiasm and celebration. When you make music, laugh, sing however you play—listen for sounds of the Spirit.  
([www.studentwellness.uni.edu/spirituality](http://www.studentwellness.uni.edu/spirituality))

## » 1 John 4:19, 10—L-O-V-E

- *Steps to Christ*: "Such love is without a parallel. . . . The matchless love of God for a world that did not love Him! . . . The more we study the divine character in the light of the cross, the more we see mercy, tenderness, and forgiveness blended with equity and justice, and the more clearly we discern innumerable evidences of a love that is infinite and a tender pity surpassing a mother's yearning sympathy for her wayward child." (15)
- The love story of Robert and Muriel McQuilken

“O LOVE THAT WILL NOT LET ME GO”

(quiet, open, inquisitive, receptive, playful)