



Priest Wellness

PROMOTE, SUPPORT, ADVOCATE

Words of Wellness

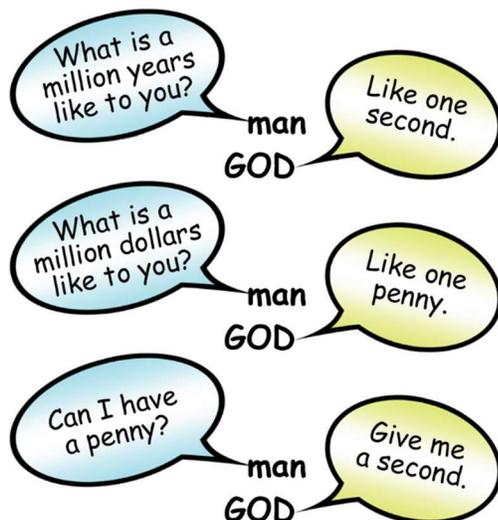
A monthly newsletter for priests of the Diocese of Jefferson City

OCTOBER 2020

As a priest, you tend to the needs—body and soul—of the people of the Diocese of Jefferson City. Serving Christ’s flock, in their wide range of human frailties, can be both rewarding and exhausting.

As a priest, your health and well-being are vital to the health and well-being of Christ’s Church. The Priest Wellness Program exists to promote, support and advocate for your health and well-being through a three-dimensional approach—physically, emotionally and professionally.

Did you hear the one where “man” said...



OK, OK...I know corny, right? But, I hope you chuckled a little. This month, I have decided to lighten the mood, take a break from all that is going on in our world and laugh. According to the Mayo Clinic, laughter has both short and long term benefits which include reducing stress by muscle relaxation and improving your mood and immune system. ([Click here for the Mayo Clinic article](#) or go to mayoclinic.org and search “Stress relief from laughter.”)

**Hey, if a cow doesn't produce milk, is it a MILK DUD or an UDDER FAILURE?
And, an apple a day really can keep the doctor away, but only if you aim well!**

I know, I know the corniness abounds.

According to research, we can be happier in 5 minutes by even fake laughing. Our bodies don’t know the difference between fake laughter and real laughter and will release a flood of positive neurotransmitters within 45-90 seconds of laughing no matter from where it originates. [Please visit this 8 minute TED talk with Ida Abdalkhani](#) to learn

how to add laughter in your day (or go to [YouTube.com](https://www.youtube.com) and search “Happier in 5 minutes”). If nothing else, I laughed as I watched the people who were laughing.

Oh, and if you ever need to build an ark, I Noah guy. (Gotcha!)

I know that our true happiness and deep abiding joy come from a relationship rooted and centered in Christ, and I know that God created all true, good and beautiful things of which appropriate laughter is one. There is nothing like listening to the laughter of a child to touch our hearts and draw us closer to Him. ([Check out this video from CBS News on YouTube](#) or go to [YouTube.com](https://www.youtube.com) and search “adorable baby can’t stop laughing.”)

It was a joy to see all of you who attended the Priest Institute. If you did not pick up the small Rosary Marker gift bag and would like one, please let me know.

By the way, did you hear the one where...

Jesus was standing by the woman caught in adultery and challenged the crowd that “He who is without sin, cast the first stone.”

Suddenly, a rock hit the back of His head.

Jesus turned around and exclaimed, “MOM!”



Peace,

Kimie

Your Priest Wellness Nurse

Kimie Bax, RN, Priest Wellness Coordinator

Office 573-635-9127 x258 | Mobile 573-953-9031 | kbax@diojeffcity.org
2207 WEST MAIN STREET | JEFFERSON CITY, MISSOURI 65109-0914



**DIOCESE OF
Jefferson City**