

What does it mean to live a holistic life?

Each panelist discussed a different part of the holistic life and what she viewed as most important in that area.

Physical:

Hofer, the Tennessee Hall RD, covered the physical aspects of living a holistic life--balancing nutrition, exercise, sexual boundaries, etc. and that it's important to be healthy in all these areas.

Emotional:

Neely discussed the emotional side of being a holistic woman.

“Being emotional is being human,” Neely said.

Being “emotional” is not a bad thing, and we are called to share our emotions with others, Neely said. She also discussed times when it's not appropriate to share emotions with others.

Spiritual:

Bryant, the Bush and Redford Apartments RD, talked about spiritual life.

“God is not a vending machine or just there for you when you have a problem. God is ever-present; he is more than what you want him to be. God is love—real love,” Bryant said.

Being spiritual can mean different things to different people, she said. But the reality is still the same. She said you have to allow yourself to be open, and accept the simplicity of “God is.”

Relational:

Sparrow, RD of Georgia Hall, gave input about relationships and social life, and just the busyness of life. Balance is very important in all these areas, Sparrow said. One of her key points is also one of her mottos in life, related to how crazy life can be.

“When you say yes to something, you’re saying no to something else,” Sparrow said.