

anything that will bring you back to mental health and keep you centered. There is no reason to share your mental health history with prospective employers, but be sure to consult the institution's human resources department and get to know and use your options.

Health, physical (see also Illness and disability)

Physical health is a gift and an achievement. Some of us are luckier by genetic and cultural heritage than others, but all of us can prioritize our physical, as our mental, health to rank above our jobs, and encourage the conditions for others to do likewise. Easier said than done when the demands of making a living get in the way of having a good life, but diet, exercise, rest, and relaxation will maximize what nature and nurture have given us. Be sure that your health insurance is current and that you schedule and keep your appointments for yearly check-ups. Do not forget your eye health as the years go by, and of course have extra tests for conditions that may run in your gene pool.

When health adversities strike, decide how you want to manage them. Let colleagues pitch in and help. Designate someone to let the word out, but only as much or as little information as you deem fit.

Heterosexism (see also Coming out)

The normative assumption that a religious studies professional will be a man goes along with the notion that he will be heterosexual. Most of us using this guide are living proof that the first assumption is wrong; some of us disprove the second as lesbian and bisexual women make distinguished contributions to the field. Still, our field is rife with the outmoded assumptions of heterosexual normativity that simply need to be replaced. The price can be high for those who are lesbian/gay/bisexual and