



Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

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“While it is important to love others unselfishly, it is crucial to find a balance. When we compromise our needs and martyr ourselves to the point of depleting ourselves and neglecting our needs, we become out of balance.”

Jessica Minty, Codependency: Self Confidence

A Few Words from the President



Jacquie Dover
CTNIG
President

Dear CTNIG members and friends,

These are challenging times with so many of our CTNIG members, nursing peers and health care colleagues supporting the COVID-19 response. Due to the pressures of the pandemic, we are struggling to deal with upheaval in our home lives. As a public health nurse with a COVID-19 case management and contact tracing team I am now working overtime shifts, weekends and holidays. This has left me very little time with my daughter, but our moments together are less hurried and more precious.

The COVID-19 pandemic has certainly stimulated much personal reflection and re-prioritization. As a mindfulness and yoga practitioner I am especially grateful for my practice right now. This is a time for all of us to truly integrate our holistic practices into our everyday lives. Here are a few resources to support kindness, compassion, care and connection for yourself and others during the COVID-19 pandemic:

- Greater Good's Guide to Well-Being During Coronavirus: Practices, resources, and articles for individuals, parents, and educators facing COVID-19:
https://greatergood.berkeley.edu/article/item/greater_good_guide_to_well_being_during_coronavirus
- Mindful.Org's Find Calm and Nourish Resilience Daily Mindfulness Course: Free access to their daily mindfulness course (available until June 30, 2020):
<https://learning.mindful.org/p/daily-mindfulness-free/>
- Local Public Library e-resources: Remember to visit your local public library to explore their online resources related to complementary therapies. For example, Toronto Public Library eBooks and online resources:
<https://toronto.overdrive.com/search?query=complementary+therapies>

Trusting in health, well-being and contentment for all,

Jacquie



Gratitude Amongst Heartache

By Katrina Graham, CTNIG Research Officer

I'm overjoyed to have been welcomed back to the CTNIG executive team as the groups research officer. It is a true pleasure and honour to sit alongside you all as we learn and grow together as nurses and individuals in this ever changing and evolving health care system and world. I am really looking forward to everything "waking up" outside, as the spring time brings new life and restoration. I think for a lot of us, spring can also signify an awaking within us. We suddenly become more energetic with the warm sun on our faces, free to move about with less clothing, and comfortably sitting outside to breath in the fresh spring air. New life is emerging all around us, and certainly inspires us to start a new season with fresh eyes, minds, and hearts.

This winter has brought some grief my way as I am going through a significant loss of a loved one. Being a palliative care nurse, working at a local hospice, I especially found my grief to be all consuming and decided that I needed to take a step away from work and focus inward, and create a space for healing. As I continue to navigate what healing my grief looks like, I am finding that it's simply creating time and space to focus on self-care that has brought a great sense of healing, wellness and clarity. The theme of gratitude also continues to enter my mind and spirit when I reflect on how my sister has impacted my life. I am so very thankful for all of the life lessons she has shared. I am forever grateful for all of my family, friends, co-workers, and loved one's support and love through this experience and life in general.

To focus on gratitude helps to heal and focus our mind on what we do have in the here and now. In this wild world where there is so much chaos, fear, illness and devastation we can all experience anxiety and depression when overcome with these negative realities. Practicing gratitude is something that all of us can practice for ourselves and share with our family, peers and clients to help alleviate feelings of negativity.

The 90-Day Gratitude Journal, A Mindful Practice for a Lifetime of Happiness by S.J Scott and Barrie Davenport is a great resource to help you on that journey. It gives you a complete guide on how to practice gratitude daily, while understanding our own barriers and limitations as busy professionals. Find the link to the PDF here, https://www.developgoodhabits.com/wp-content/uploads/2018/11/The-90-Day-Gratitude-Journal_Final-V2.pdf.

Happy Spring.

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Self Care Tips

Brianna Wiest is a young author who writes on emotional intelligence. Here she offers a perspective that is challenging and insightful.

“Self-care is often a very unbeautiful thing.

It is making a spreadsheet of your debt and enforcing a morning routine and cooking yourself healthy meals and no longer just running from your problems and calling the distraction a solution.

It is often doing the ugliest thing that you have to do, like sweat through another workout or tell a toxic friend you don't want to see them anymore or get a second job so you can have a savings account or figure out a way to accept yourself so that you're not constantly exhausted from trying to be everything, all the time and then needing to take deliberate, mandated breaks from living to do basic things like drop some oil into a bath and read Marie Claire and turn your phone off for the day.

A world in which self-care has to be such a trendy topic is a world that is sick. Self-care should not be something we resort to because we are so absolutely exhausted that we need some reprieve from our own relentless internal pressure.

True self-care is not salt baths and chocolate cake, it is making the choice to build a life you don't need to regularly escape from.

And that often takes doing the thing you least want to do.

It often means looking your failures and disappointments square in the eye and re-strategizing. It is not satiating your immediate desires. It is letting go. It is choosing new. It is disappointing some people. It is making sacrifices for

others. It is living a way that other people won't, so maybe you can live in a way that other people can't.

It is letting yourself be normal. Regular. Unexceptional. It is sometimes having a dirty kitchen and deciding your ultimate goal in life isn't going to be having abs and keeping up with your fake friends. It is deciding how much of your anxiety comes from not actualizing your latent potential, and how much comes from the way you were being trained to think before you even knew what was happening.

If you find yourself having to regularly indulge in consumer self-care, it's because you are disconnected from actual self-care, which has very little to do with “treating yourself” and a whole lot do with parenting yourself and making choices for your long-term wellness.

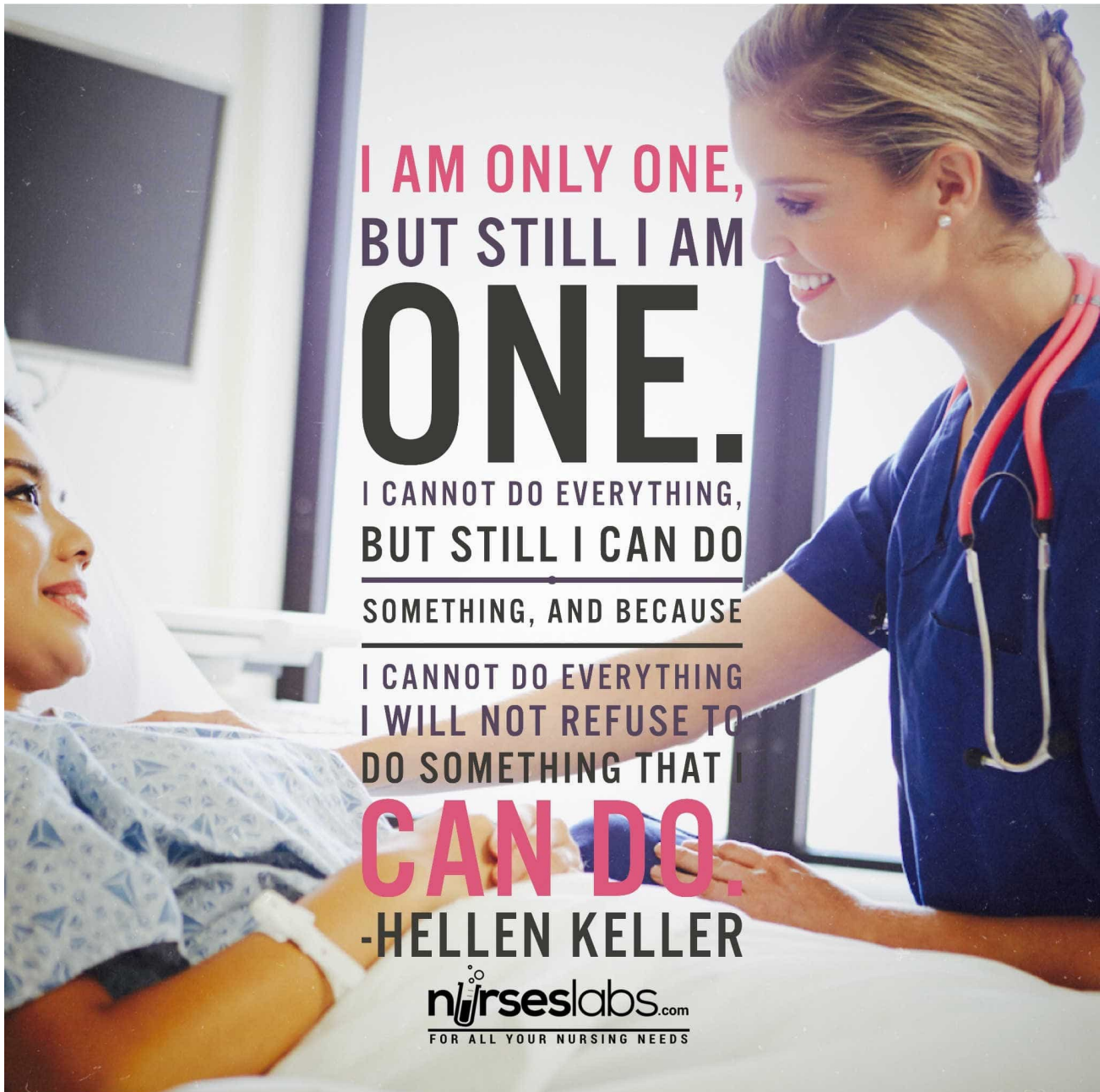
It is no longer using your hectic and unreasonable life as justification for self-sabotage in the form of liquor and procrastination. It is learning how to stop trying to “fix yourself” and start trying to take care of yourself... and maybe finding that taking care lovingly attends to a lot of the problems you were trying to fix in the first place.

It means being the hero of your life, not the victim. It means rewiring what you have until your everyday life isn't something you need therapy to recover from. It is no longer choosing a life that looks good over a life that feels good. It is giving the hell up on some goals so you can care about others. It is being honest even if that means you aren't universally liked. It is meeting your own needs so you aren't anxious and dependent on other people.

It is becoming the person you know you want and are meant to be. Someone who knows that salt baths and chocolate cake are ways to enjoy life – not escape from it.”



Inspirational Corner



I AM ONLY ONE,
BUT STILL I AM
ONE.

I CANNOT DO EVERYTHING,
BUT STILL I CAN DO
SOMETHING, AND BECAUSE

I CANNOT DO EVERYTHING
I WILL NOT REFUSE TO
DO SOMETHING THAT I

CAN DO.
-HELLEN KELLER

nurseslabs.com
FOR ALL YOUR NURSING NEEDS

Entering into Partnership

By Madisyn Taylor via www.dailyom.com

In partnership and relationship, we harness the power of union.

The purpose of partnership is to create something greater than we can create alone. Not because of any deficiency or incompleteness in us, but because each of us is unique, with our own talents and abilities, and in partnership we increase the efforts and talents available for creating something meaningful together. All partnerships, whether romantic, creative, or professionally-based, can be powerful relationships for personal growth. In partnership we harness the power of union.

It is important to choose our partnerships consciously. Sometimes forged quickly during times of need, we may find ourselves rushing into unions with perhaps not the clearest intentions. Partnerships created from those starting point might serve our immediate needs, but the repercussions of a union so quickly fostered without much thought can be difficult to recover from. Granted, there is something to learn from every relationship, but looking to another to fix or complete us can turn a partnership into a dependent bond. If we can stay clear about what we want and what we need in a partnership, while staying grounded and remembering that we are our own source of happiness and fulfillment, we can create partnerships that support and enhance the best of who we are.

Everyone in our lives is a mirror reflecting back the parts we love and dislike about ourselves. If we have the courage to recognize our reflections in each other, we can grow through our partnerships. A partnership that offers both acceptance of who we are and an opportunity for personal transformation can be fertile ground for growing a healthy, lasting union. When we find this kind of partnership, we are more likely to want to keep it, invest in it, and nurture it.

Life is a collaborative effort. Much of what we do can be enhanced through partnership. Together we are stronger because our personal power is multiplied by two. Through partnership we experience the joys of working, living, and loving together.

Websites



<https://vitalitymagazine.com/>

Established in 1989, Vitality magazine is one of Canada's largest publications on natural health, alternative medicine, and green living. At vitalitymagazine.com we bring you highlights of our current issue plus exclusive web material, and archives of selected content from past issues.

<http://www.alternative-therapies.com/>

Alternative Therapies in Health and Medicine is the oldest medical journal that serves the holistic/integrative medicine marketplace. As a professional involved in this industry you need to stay informed about the latest research, cutting edge therapies, and professional trends in holistic and integrative medicine

ALTERNATIVE THERAPIES
IN HEALTH AND MEDICINE

Educational Opportunities

ACEP- Association for Comprehensive Energy Psychology

This post is the first in a new series that will share simple, self-help energy psychology / energy healing methods. It will feature the Resources for Resilience videos and printed instructions developed by our Humanitarian Committee.

The series is a great resource you can use in your practice, with yourself, your family and your community. Please share these blogs widely so more people can benefit.

How to reduce emotional shock quickly

If you are experiencing emotional shock as the result of a recent trauma or loss, this article teaches you a tool that you can use to help yourself right now. A quick and efficient way to reduce feelings of shock is to calm your body. ...

Read More

<https://acepblog.org/2019/09/21/how-to-get-out-of-shock-quickly/>

Advanced Reiki Classes with Frans Steine

For those looking to deepen their Reiki practice, Dr. Marie Knapp has organized classes in Owen Sound with renowned teacher Frans Steine from Holland. He is the co-founder of the International House of Reiki and Shibumi International Reiki Association with Bronwen Logan (Steine).

Classes are scheduled for May 22, 23, 24, 2020

For information about the classes (and an article by Frans Steine) [open the Living Reiki newsletter pdf](#) or contact Marie Knapp at marie@marieknapp.com



You Tube

(expanded version for this challenging time)

1. Can we trust our feelings and intuition - Eckhart Tolle

The conditioned mind will often create feelings out of fear, and these should not be the guiding force in your life. Eckhart urges us instead to discover the deeper feelings that arise from Presence—the source of true intuition—and to let that guide your actions.

<https://www.youtube.com/watch?v=Ci8ZAJ6Z8C4>

2. Don't Give ENERGY to Your FEARS!" | Gabrielle Bernstein (@GabbyBernstein) |

Top 10 Rules from Believe Nation

<https://www.youtube.com/watch?v=ylytwyrpBIE>

2. Guild Of Light

A channel for tranquility, meditation, and healing presents their latest collections of music, affirmations, meditations and empowering videos.

528Hz Tranquility Music For Self Healing & Mindfulness

https://www.youtube.com/watch?v=jHO_bjc3OtM

Research

Online Delivery of Emotional Freedom Techniques for Food Cravings and Weight Management: 2-Year Follow-Up

Peta Stapleton, Evangeline Lilley-Hale, Glenn Mackintosh, and Emma Sparenburg

Published Online: 25 Nov 2019

<https://doi.org/10.1089/acm.2019.0309>

ABSTRACT

Background: Growing obesity rates are a problem worldwide. Several studies of emotional freedom techniques (EFT), a brief psychophysiological technique, have indicated that it may be a promising addition to traditional weight loss interventions.

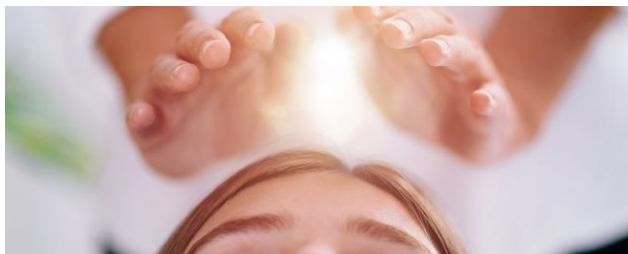
Objective: The current study evaluated food cravings, dietary restraint, subjective power of food, weight changes, and self-reported symptoms (e.g., somatic, anxious, and depressive) 2 years after an 8-week online self-directed EFT intervention with additional online support.

Design: Participants were initially randomly allocated to a treatment or waitlist group. The treatment group was instructed to self-pace through an online EFT treatment program made up of seven modules throughout the 8-week intervention period, and the waitlist was also completed at the end of this period.

Results: Analyses of the online EFT intervention program indicated significantly reduced scores for food cravings (−28.2%), power of food (−26.7%), depression (−12.3%), anxiety (−23.3%), and somatic symptoms (−10.6%) from pre to postintervention and from pre (baseline) until the 2-year follow-up and significantly improved scores for restraint (+13.4%). Further improvements were experienced for carbohydrates and fast food cravings between 6 months and 2 years. Body Mass Index and weight significantly decreased from pre- to 12 months follow-up although there were no differences at the 2-year point.

Conclusions: As an online intervention program, EFT was very effective in reducing food cravings, perceived power of food, psychological symptomatology, and improving dietary restraint and maintaining those improvements over a 2-year period. The addition of EFT to traditional weight

loss interventions is timely and supported by this research.



The Effect of Preoperative Reiki Application on Patient Anxiety Levels

Ezra AnusTopdemir; Serdar Saritas

<https://doi.org/10.1016/j.explore.2020.01.003>

Highlights: The effect of Reiki on healthcare personnel, in addition to its effect on patients, can also be investigated. It is recommended that in-service training is given to healthcare personnel who have no knowledge about Reiki administration, so that patients and their caregiving relatives are given greater access to training programs where they can learn about Reiki and its administration.

ABSTRACT

Purpose: The purpose of the study was to investigate changes in the anxiety levels of patients receiving preoperative Reiki.

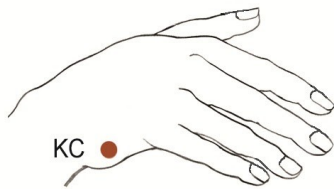
Material and Methods: This study used a quasi-experimental model with a pretest-posttest control group. **Methods:** Subjects (n = 210) were recruited from a hospital in Turkey, from June 2013 to July 2014. Subjects were then assigned to experimental (n = 105) and control (n = 105) groups.

Results: The level of anxiety of experimental group patients did not change according to their state anxiety scores ($p > 0.10$); however, the anxiety level of control group patients increased ($p < 0.001$).

Conclusion: The results of this study imply that the administration of Reiki is effective in controlling preoperative anxiety levels and in preventing them from increasing.

EFT (Emotional Freedom Technique) Meditation for Fear of Infectious Disease

With all the focus on the COVID-19 and it's spread the past few months there is need for some self care to deal with the emotional distress it has caused. With this in mind, we are sending you a link for an Emotional Freedom Technique (EFT) together with a meditation developed by Dawson Church, a leader in this modality, to address this distress.



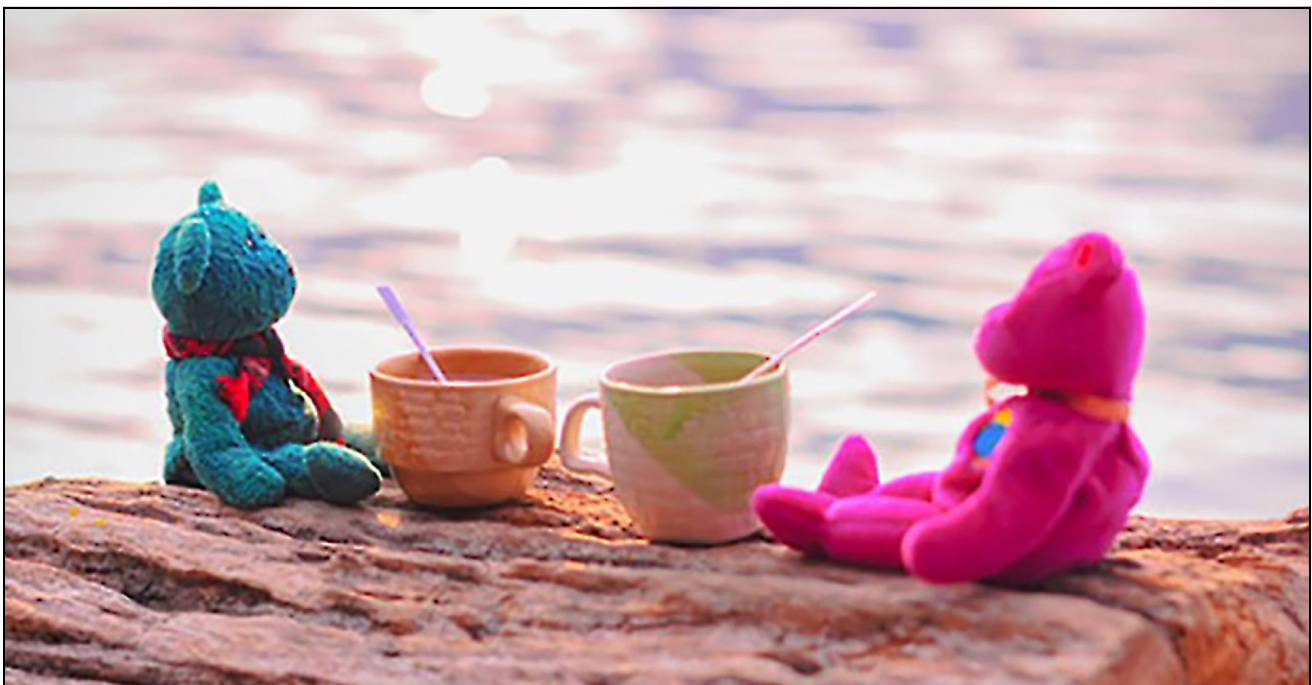
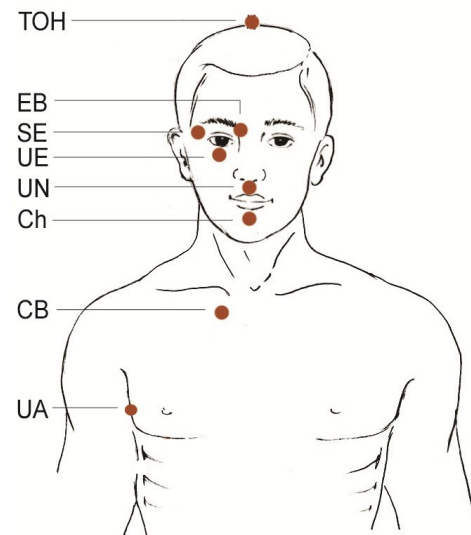
Please watch his message and view the demonstration videos and fell free to share this with friends, family and colleagues.

Link to YouTube video Fear of Infectious Disease:

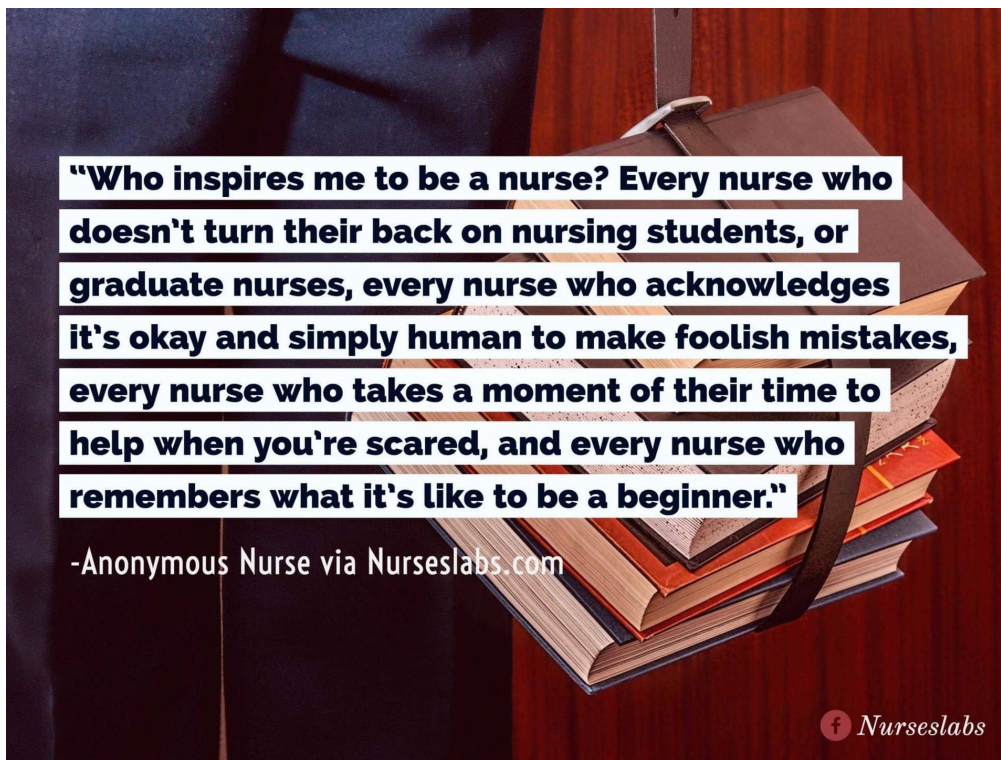
https://www.youtube.com/watch?v=JOYI6O_qaHM&feature=youtu.be

To view video demonstrations of the basic tapping technique:

<https://www.eftuniverse.com/certification/dawson-church-phd>
<https://www.thetappingsolution.com/tapping-101/>



Student Corner



About a Nursing Student



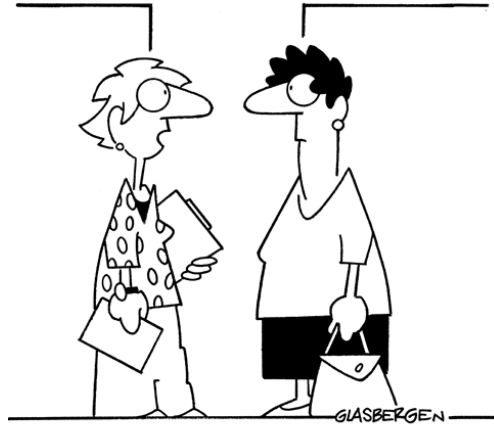
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On the Lighter Side

© 2010 by Randy Glasbergen.



"Nurses work 12 hours a day: 4 hours caring for patients and 8 hours washing our hands."

About a Nurse



"I wondered if the nurses had a few suggestions on how to make our jobs easier, so I put up a suggestion box. Apparently, they do."

A PSW, a floor nurse and a charge nurse from a small nursing home were taking a lunch break in the break room. In walks a lady dressed in silk scarves and wearing large polished-stone jewelry. "I am Gina the Great," stated the lady. "I am so pleased with the way you have taken care of my aunt that I will now grant the next three wishes!" With a wave of her hand and a puff of smoke, the room was filled with flowers, fruit and bottles of drink, proving that she did have the power to grant wishes before any of the nurses could think otherwise.

They quickly argued among themselves as to which one would ask for the first wish. Speaking up, the PSW wished first. "I wish I were on a tropical island beach, with single, well-built men feeding me fruit and tending to my every need." With a puff of smoke, the nursing assistant was gone.

The floor nurse went next. "I wish I were rich and retired, and spending my days in my own warm cabin at a ski resort with well-groomed men feeding me cocoa and doughnuts." With a puff of smoke, she too was gone.

"Now, what is the last wish?" asked the lady.

The charge nurse said, "I want those two back on the floor at the end of the lunch break."

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