



Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

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RNAO-CTNIG

Celebrating NURSING WEEK

Speaking out for Nurses.....Speaking out for Self-Care

A Few Words from the President



Jessica Burford
CTNIG
President

President's Update: Embracing Wellness and Advocacy

Dear Members of the Complementary Therapies Nurses' Interest Group ,

As we welcome the warmth of spring, I am filled with gratitude and excitement to share with you some wonderful updates from our recent endeavours. First and foremost, I want to extend my heartfelt appreciation to our dedicated executive team for their outstanding efforts in orchestrating a successful Annual General Meeting in January. Your commitment and passion shine through every detail, and I am deeply grateful for your unwavering support.

One of the highlights of our recent activities was the collaborative event we hosted alongside the Hamilton Chapter of RNAO at the end of January, aptly named "Re-Charge, Re-Invent." It was a joyous occasion where we had the privilege of welcoming esteemed guest speaker Alvin Pilobello of Mindspace Impact, whose insights on integrating wellness into our practice left us inspired and invigorated. This event underscored the importance of prioritizing our well-being to serve our patients better. I want to extend a special thank you to the Thrive Group Centre of Excellence for Innovation, who champion workforce wellness, for their generous sponsorship, which made this event possible and to the Hamilton Chapter for their collaboration. A special treat was getting to engage with many CTNIG members who were able to attend. Although I am grateful for the various ways we are able to connect with members from around the province virtually, there is something special about being together in community in person- thank you for coming out! We hope to continue collaborating with other interest groups and chapters and offering in-person events in various locations around the province as the opportunities arise. Please be certain to reach out to us with opportunities for collaboration with your network connections.

Our advocacy efforts have also been in full swing, as I had the honour of representing CTNIG at RNAO's Queen's Park Day at the end of February. There, we passionately advocated for workforce wellness and equity, diversity, and inclusion, drawing upon research to highlight significant disparities nurses face, particularly nurses of colour. I shared RNAO Black Nurses Task Force research with Minister Tibollo and MPP Stephanie Bowman that reveals the inequity and consequences Black nurses experience that are impacting the health of our workforce and care delivery. We presented strategies to improve the working lives of nurses through inclusive practices, emphasizing the crucial role of collective action in driving positive change.

In addition to our advocacy work, we have continued to celebrate the transformative power of complementary therapies, such as Art Therapy, to support planetary health advocacy. Presenting with Dr. Steve Cairns of Nipissing at Trinity Western's Planetary Health conference in March exemplified the benefits of holistic wellness and sustainability.

As we look ahead, I am hopeful for positive change and hope that everyone had a fantastic Nursing Week 2024: Changing Lives, Shaping Tomorrow. This is a fantastic opportunity for us to showcase how our collective of complementary therapy nurses

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uniquely impact the lives of our patients. I encourage you to share your stories and experiences, which we would love to feature on our website and in our following newsletter.

Finally, I want to extend a heartfelt thank you to all nurses for your dedication, compassion, and exceptional care. During Nursing Week, and throughout the year, I urge you to prioritize your own wellness and that of your colleagues by taking moments to express gratitude and engage in activities that nourish your mind, body, and spirit. Please utilize and share the many resources on our website (which will be updated in the coming months). Together, let us continue to uplift and support one another on this extraordinary journey of healing and care. Please continue to reach out and engage with us as active co-creators to help us shape our community.

Best,

Jessica Burford RN, BScHK (Hon), BScN,
MN-LPNP, GNC(C), CCNE

President, RNAO-Complementary Therapies
Nurses' Interest Group



Queen's Park 2024 (Left to right) Jessica Burford RN, Minister Tibollo, and Abdolreza Akbarian RN of the Ontario Nursing Informatics Group

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Creating a Compendium of CTs

The CTNIG is looking to create a compendium of Complementary Therapies for our website in an effort to provide nurses, other healthcare professionals and the public information about a variety of Complementary Therapies. Each Complementary Therapy (CT) would have a short summary including description, background, benefits/effects, process and any links to CT organizations.

We are asking for some assistance from our members who may be interested in helping to create this resource. You could choose which CT you would like to highlight/ write up (eg. one you use personally/professionally or want to learn more about) and submit it to Andrea Atkinson (CTNIG Membership Chair).

If you are able to contribute some time to our endeavour or have any questions please contact Andrea Atkinson andrea.n.uher@gmail.com or Darka Neill darka_neill@dalesfordrd.com

Any contribution would be greatly appreciated as many hands make the work light!

Example:

Therapeutic Touch®

What is Therapeutic Touch

Therapeutic Touch is a holistic, evidence-based therapy that incorporates the intentional and compassionate use of universal energy to promote balance and well-being. Therapeutic Touch practitioners are educated to modify a person's energy field when disease or illness obstructs or depletes their flow of energy. The Therapeutic Touch treatment restores order and harmony to the client's field. Based on the belief that the body can heal itself, Therapeutic Touch is a method of helping a person to mobilize their own natural healing abilities.

Background

Therapeutic Touch® was introduced in 1972 as a modern healing method, by Dolores Krieger, PhD, RN, and her colleague, Dora Kunz. It is an energy-based healing modality that is a contemporary interpretation of several ancient healing practices.

Three basic assumptions that underlie the practice.

1. In a healthy state, life energy flows freely in and out of a person's energy field in an orderly fashion.
2. With disease or injury, energy flow can be obstructed, disordered or depleted.
3. Therapeutic Touch practitioners help to restore the flow of energy in the field and move it toward wholeness and health.

Research and clinical experience have shown its effectiveness in:

- promoting a relaxation response
- reducing anxiety & stress
- managing pain
- improving sleep
- facilitating the body's natural healing process
- fostering a sense of well-being

Response

As responses to a Therapeutic Touch® session vary, there is no 'right' way to experience it. Some of those receiving Therapeutic Touch fall asleep during the session. Others may sometimes feel energy moving through their bodies or feel other sensations.

Process

Always individualized, a Therapeutic Touch session usually does not exceed 40 minutes. It can be done with no physical touching, or with light touch on the shoulders, arms and legs. The client remains fully clothed either sitting or lying down.

The practitioner centers themselves, then moves their hands from the client's head to the feet, two to four inches from the body, as they note any differences in the quality of the energy flow.

Following this, the hands are moved in a gentle, rhythmic motion with the intent to redistribute and rebalance the client's energy field. The Therapeutic Touch session ends with a rest period of 20 minutes or more, during which time the body's natural healing mechanisms respond to the client's altered and rebalanced energy flow, and the client's own healing momentum continues.

For more info go to

www.therapeutictouchontario.org

2023 RNAO-CTNIG AGM Presentation Recap

For those of you who missed out on the CTNIG AGM, here is a recap of the presentation by Andrea Atkinson, RNAO-CTNIG Membership Chair.

Enhancing Healing and Mental Health in Nursing Using Feng Shui Design and Colour Therapy presented by Sherry Brouzes

Feng Shui is an ancient Chinese art and science that has existed for over 4000 years. It is based on the concept of harmonizing spaces for optimal energy flow. Through Feng Shui principles, one can assess and adjust various environmental elements to promote positive energy flow and support overall well-being. It includes use of elements, colour and arranging pieces in living spaces to create balance with the natural world. It can be used to reduce stress levels for those working in high-stress environments such as healthcare settings. Major components of Feng Shui design include the use of 5 elements and related colours.

- Fire -Red
- Earth -Yellow, taupe, earth tones
- Metal -Grey, white, pastels, metallic colours
- Water- Blue
- Wood -Green
- Biophilic Design

Biophilic design involves connecting people and nature in built environments and communities which is achieved using natural light, fresh air, plants, water, and natural fibres and products. This type of design helps to promote an overall sense of wellbeing and a reduction in stress. Feng Shui is comparable to biophilic designs, as it emphasizes the connection between humans and nature. Biophilic design is often referred to as “modern day” Feng Shui.

Our five senses are also affected by the environment where we work and live. Nurses can implement good Feng Shui by using their five senses to improve their workplace environments.

Tips include:

- Clearing the clutter
- Positioning desks strategically
- Utilizing natural elements

- Balancing yin (feminine, receptive, dark, cool, soft) and yang (masculine, energetic, expansive, warm) energies
- Choosing soothing colours

Colour is a prime factor in Feng Shui, creating energy balance within a space. Each colour has a unique vibrational frequency that can influence the flow of Chi (life-force) in a space or room. There are seven energy centres in our body called “chakras” which correspond to the colours of the rainbow.

How can nurses use colours to support mental health in clinical settings?

- Choose calming colours (Blue is the most popular colour)
- Incorporate natural elements such as nature-inspired colours (green) and earth tones
- Enhance positivity with warm tones (orange, coral, gold and yellow)
- Use neutral tones (whites, greys, pastels) for calming
- Individual preferences should be recognized
- Recognize that colours can transform nursing practice, nurturing an environment for mind-body-spirit healing while promoting resilience in nursing professionals (i.e. allowing nurses to wear colourful uniforms).

Take some time to assess your working environment and consider the clients you care for. Perhaps there are opportunities to enhance your workplace setting through the use of Feng Shui and biophilic design. The addition of a plant or two might be a great start!

* In the CTNIG summer/fall 2023 newsletter, Sherry wrote an article on the topic of Colour Mirrors.

For more information on Feng Shui design and the use of Colour Therapy to enhance mental wellness, please contact Sherry Brouzes:

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SHERRY BROUZES
FENG SHUI

Self-Care Tips

Collarbone Breathing Technique from ACEP

If you're feeling stuck and want to learn a safe mind-body technique to help, try this.

When your energy feels scrambled, leaving you confused or stuck, you can bring yourself back to balance by practicing the Collarbone Breathing Technique. This simple body-based technique helps restore left-right balance and allows you to feel more clear and connected.

The technique was adapted by Phil Mollon from Roger Callahan's Thought Field Therapy.

Why it works

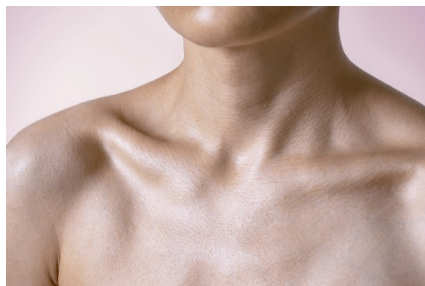
By using energy techniques like Collarbone Breathing, you help your energy system to rebalance. This allows you to get un-stuck quickly and easily. There are a few things happening in this deceptively simple technique.

By crossing our arms, we are crossing the corpus callosum, which helps us feel grounded.

By placing our hands across our chest with hands under collarbones, we are activating our meridian system — particularly the K-27 point, which helps reduce anxiety.

By breathing slowly, we are slowing our brainwaves, which helps us relax.

If you haven't given the Collarbone Breathing technique a try yet, do it now. Take notice of how your body feels both before and after you use the technique. This technique is just one of many you can use to get un-stuck.



To view video of technique go to:

<https://www.energypsych.org/blog/feeling-stuck-try-thisecd866fa#>

BREATHING INTO BALANCE

(COLLARBONE BREATHING) (Adapted by Phil Mollon from Roger Callahan's Thought Field Therapy)

Purpose:

To reorganize scrambled energy and regain inner balance.

Use when:

- Feeling stuck or switched off
- Feeling confused or disorganized
- Common experiences:
- Greater clarity
- Feeling more connected
- Feeling better left-right balance

Steps:

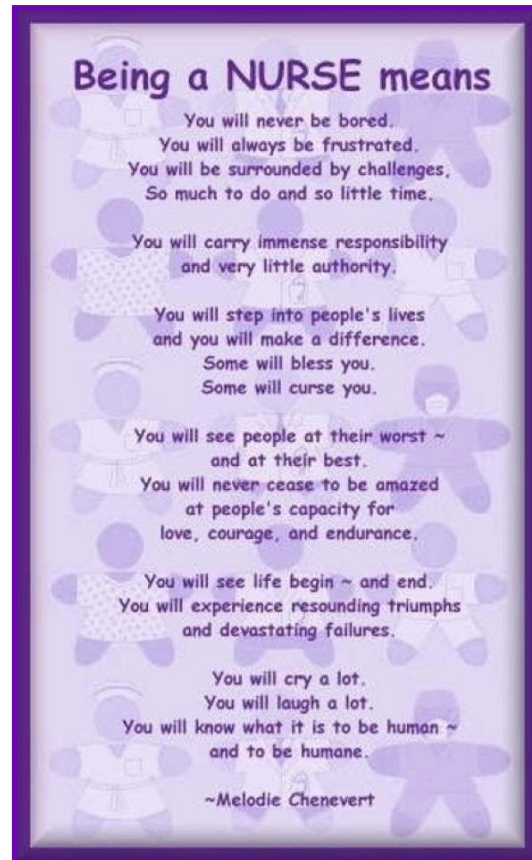
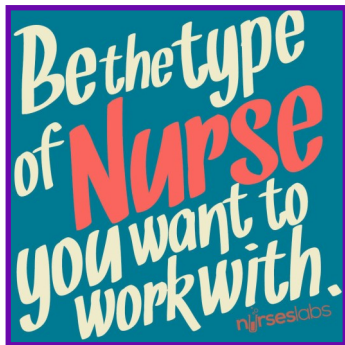
1. Cross arms across chest and place the tips of the fingers on the collarbone.
2. Keeping the fingers in place for the duration of the set:
 - ⇒ Inhale and Exhale all the way
 - ⇒ Inhale halfway and hold
 - ⇒ Inhale all the way and hold
 - ⇒ Exhale halfway and hold
 - ⇒ Allow the rest of the breath to exhale, and have a full, normal breath (in and out)
3. Still keeping the arms crossed, make a loose fist with each hand, and place the knuckles (middle joint) on the collarbone.
 - ⇒ Keeping the fingers in place for the duration of the set:
 - ⇒ Inhale and Exhale all the way
 - ⇒ Inhale halfway and hold
 - ⇒ Inhale all the way and hold
 - ⇒ Exhale halfway and hold
 - ⇒ Allow the rest of the breath to exhale, and have a full, normal breath (in and out)

Follow along with the video:

https://youtu.be/3IhIyS-ss_U

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Inspiration Corner



Calling all CTNIG members...

Interested in getting more involved with the CTNIG?

Be part of the executive board!

CTNIG's vision is to have Complementary Therapies (CT) recognized, incorporated and integrated into nursing and health care in Ontario.

To support this vision and make the CTNIG a strong and viable interest group, we need our members to take on leadership roles. Currently there are a number of executive positions that need to be filled:

Social Media Executive Network Officer
Policy and Political Action Executive Network Officer
Communication Executive Network Officer
Education Executive Network Officer
Student Liaison

No previous executive experience is necessary as you will be mentored by the members of the current executive and work as part of a team. It is not essential to practice a CT, nor to be an expert, only to have an interest in CT as part of holistic nursing practice. What a wonderful way to learn more about CT and serve the nursing community and public at the same time.

Candidates must be members in good standing with the RNAO and the CTNIG and agree to serve for a two year term.

If you are able to volunteer a couple of hours a month to make the CTNIG successful and relevant, please consider being part of the executive. Your service will be valued and much appreciated.

To view descriptions of the executive roles go to:
https://myrnao.ca/sites/default/files/attached_files/ENO%20Roles.pdf

To submit your nomination, please complete the online nomination form and include a brief statement outlining your interest in the position (max 250 words).

Please submit nominations using the online form here: https://myrnao.ca/ctnig_cfn_2024



Meditation

Self-Compassion Guided Imagery for Nurses

Many of us believe being self-critical and hard on ourselves is a good thing. We unwisely think that being competitive and pushing ourselves hard is required for success. Research is showing that self-criticism makes us weaker in the face of failure, more emotional, and less likely to assimilate lessons from our failures. A far better alternative to self-criticism is self-compassion. It makes us more resilient, stronger and able to bounce back from failure with greater enthusiasm.

Self-compassion involves treating oneself as one would a friend, being more mindful, and understanding of our situation in the context of a larger human experience. When we can be more understanding and gentler with ourselves, identify less with the emotions that surround our mistakes, and understand that failure is a normal part of the larger human experience, we become stronger and more successful in the long run. So be kind to yourself. (Stanford University Center for Compassion and Altruism Research and Education)



You are invited to participate in the following guided imagery to help you begin feeling more compassionate towards yourself. If possible, find a place and time where you will not be disturbed. Do as much as you are comfortable in doing and as best you can.

There is no right or wrong way in doing this, only your own experience in the moment.

Practicing self-compassion is an ongoing process, and people who do it daily enjoy better results.

Let's begin by finding a comfortable position either sitting in a chair with your feet firmly on the floor, your hands nestled in your lap, your back and seat supported by the chair or lying down in your bed or on a mat on the floor.

Close your eyes or softly gaze downward.

Take 3 full cleansing breathes, breathing in deeply and fully on the in breath and letting the air out completely on the out breath.

Now take a moment to become aware of your breath as you inhale and exhale, without changing it

Notice your abdomen rising and falling.... like the waves of the ocean moving in and going out...

Notice the coolness of the in breath and the warmth of the out breath....

You may notice a gap as you breathe in and out that slight pause between breaths that point of complete stillness...

Keep following each breath with full concentration...

Now as you breathe in, send the warm, relaxing energy of your breath to those parts of your body that are tight, tense or sore...

Then release any discomfort with each out breath... Breathing in relaxation, breathing out tension...

Feel your body soften more and more with each breath as best you can...



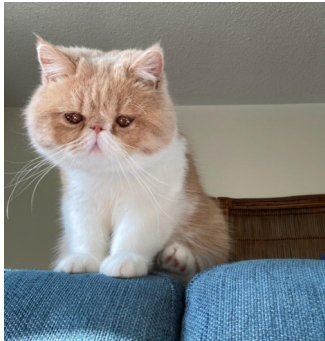
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Acknowledge any distracting thoughts, without judgment, allowing them to drift away with the out breath as well...

Once again return to focusing on your breath...

Nothing to say... nothing to do... just breathe.



So now think back to someone or something you love or loved with all your heart. With whom you have a deep heart-felt connection. This may be a person, a beloved pet or may be a place in nature or even a favourite object. Remember the full experience of that love.... the all encompassing, warm, caring, luminous, transcendent energy.

Feel the love flowing out of your heart center bathing that person, pet, place or object in love.

Spend a few moments just feeling this magnificent love flowing out to your loved one.

Now think of yourself.

Send this same non-judgmental, compassionate, loving energy to yourself.

If you are having some difficulty, place your hands over your heart center, feeling their warmth and the full experience of this love flowing into your heart ...

Allowing this loving energy to fill your whole self...

Wishing yourself well, unattached to any outcome, just sending this phenomenal, loving energy to yourself ... bathing yourself with loving energy, each cell in your body filled with love ...

Know you are worthy of love ... feeling loved ... feeling lovable.

Stay with this feeling for a few moments...

Now take three deep cleansing breaths.

Bring your awareness back to your body, moving your hands and feet a bit, and slowly open your eyes when you're ready...feeling grateful for these moments of care for yourself.



Research

Need Your Patients to Move More? Show Them This from Medscape, January 24, 2024

Ten thousand steps a day. It's the magic number that's said to optimize health and longevity.

But did you know the 10,000-step goal is rooted more in marketing than in science?

It started in 1965 in Tokyo, Japan, where a company released an early step counter, calling it manpo-kei — or "10,000 steps meter." The marketing suggested this number of steps would reduce the risk for heart disease.

Today we know that health benefits kick in long before 10,000 steps. But just how many daily steps do you need?

- Just 2500 steps, or about a mile, are enough to begin reducing your risk of dying of cardiovascular disease.
- For every extra 500 steps — or one lap around a standard track — you lower that risk by another 7%.
- Roughly 4000 steps helps reduce the risk for early death from any cause.
- At 6000 steps, you may lower your risk for type 2 diabetes, particularly if you're an older woman.
- And 500 more, for 6500 steps, may lower your blood pressure.
- Pass 8000 steps to lower your risk for obesity, sleep apnea, and depression.
- At 9800 steps, you may reduce your risk of developing dementia by 50%.
- Now you've made it to 10,000 steps. But what happens if you keep going?
- At 10,500 steps, your risk of dying of cardiovascular disease may be 77% lower than it was at 2500 steps.
- At 11,000 steps, you've lowered your risk for hypertension, diabetes, depression, obesity, and sleep apnea by 25%-50% more than at 6000 steps.

- And at 11,500 steps, the risk for early death may be 67% lower than it was at 4000 steps.

The average American takes 4800 steps a day. We dare you to do better. Because every step counts.

Acupuncture for the Treatment of Neuropsychiatric Symptoms in Parkinson's Disease: A Systematic Review and Meta-Analysis

Anxin Zhang, Zefeng Song, Anqi Di, Zelin Zhou, Liang Zheng, & Lixing Zhuang. Acupuncture for the treatment of neuropsychiatric symptoms in Parkinson's Disease: A systematic review and meta-analysis. *Complementary Therapies in Medicine*, 80 (2024), 103020.

To view full article go to: <https://doi.org/10.1016/j.ctim.2024.103020>

Highlights

- Most Parkinson's patients are accompanied by Neuropsychiatric symptoms.
- Acupuncture is a widely used and safety therapy.
- Acupuncture can alleviate the Neuropsychiatric symptoms of Parkinson's patients.
- More high-quality acupuncture research is needed in the future.

Abstract

Background

Neuropsychiatric symptoms (NPSs) of Parkinson's disease (PD) have received increasing attention, but effective treatment options remain limited. Acupuncture may have clinical benefits for NPSs in PD patients, but high-quality evidence supporting this possibility still needs to be discovered. Therefore, we conducted a meta-analysis to evaluate the effect of acupuncture treatment on NPSs in PD patients.

Methods

Randomized controlled trials (RCTs) of acupuncture treatment for PD retrieved from the following electronic databases: PubMed, Embase, Cochrane Library, Web of Science, and Scopus, were used to evaluate NPSs of PD patients. The Cochrane

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odds ratios escalating with age. Several comorbidities including diabetes, hypothyroidism, liver cirrhosis, chronic kidney disease, herpes zoster, hepatitis virus, rheumatoid arthritis, systemic lupus erythematosus, dementia, and cerebrovascular accidents were associated with an elevated risk of nerve injury post-acupuncture.

Conclusion

This study underscores the importance of meticulous patient profiling and cautious therapeutic approach in acupuncture, considering the evident influence of various demographic, systemic, and treatment-related factors on the incidence of nerve injuries.

Reflexology in Oncological Treatment – A Systematic Review.

Klaus, M., Kutschan, S., Männle, H. et al. Reflexology in oncological treatment – a systematic review. *BMC Complementary Medicine and Therapies* 24, 32 (2024).

To view full article go to - <https://doi.org/10.1186/s12906-023-04220-4>

Cancer is a very prevalent disease with more than 18 million diagnosed cases worldwide in 2020 [1]. Due to the burden of the disease and adverse effects of cancer treatment, people look for options that might help mitigate these negative effects, with reflexology being a particularly popular option among complementary medicine. Reflexology involves applying manual pressure to specific parts of the body (often feet, sometimes hands) that are thought to correspond with specific internal organs. The stimulation of the body zones is intended to promote the self-healing powers of the organs that are associated with the respective zones. Originally developed as so called “Zone therapy” by William Fitzgerald, Eunice Ingham refined these techniques and her method of reflexology is still used today. These reflex zones are also not to be confused with so called Head zones, named after neurologist Henry Head. He found that visceral diseases can result in hyperalgesia or allodynia of respective cutaneous areas.

This review aims at assessing clinical studies on the influence of reflexology as complementary medicine on cancer related symptoms and side effects of

cancer therapy. It is not clear yet, whether differences in application might yield different results for a variety of outcomes in the context of cancer patients, which also applies to acute and long-term effects. Additionally, comparisons with other interventions that aim at improving the patients' condition may help shed more light on the efficacy of reflexology. This exploration may help guide how healthcare practitioners can support cancer patients' symptoms better and if reflexology can be an adequate tool in doing so.

Abstract

Background

As cancer and its therapy comes with a wide range of negative effects, people look for options to mitigate these effects. Reflexology is among the options of complementary medicine.

Method

In March 2022 a systematic search was conducted searching five electronic databases (Embase, Cochrane, PsychInfo, CINAHL and Medline) to find studies concerning the use, effectiveness and potential harm of reflexology on cancer patients.

Results

From all 821 search results, 29 publications concerning 26 studies with 2465 patients were included in this systematic review. The patients treated with reflexology were mainly diagnosed with breast, lung, gastrointestinal and hematological cancer. Outcomes were mainly pain, quality of life, anxiety, depression, fatigue. The studies had moderate to low quality and reported heterogeneous results: Some studies reported significant improvements in above mentioned outcomes while other studies did not find any changes concerning these endpoints.

Conclusion

Due to the very heterogeneous results and methodical limitations of the included studies, a clear statement regarding the effectiveness of reflexology on cancer patients is not possible. The current evidence indicates that reflexology is superior to passive control groups for pain, quality of life and fatigue, however, more studies with comparable active control groups are needed.

Recipe

Classic Cobb Mason Jar Salad - By Holley Grainger, M.S., RD Tested by EatingWell Test Kitchen

Pack classic Cobb salad upside down in a mason jar for a healthy lunch that won't get soggy while sitting in the fridge all morning. Or pack it up the night before for an easy grab-and-go lunch in the morning. Choose the tangiest aged blue cheese you can find; its flavor will go a long way.

Active Time: 30 mins Total Time: 20 mins Servings: 1 Yield: 3 cups

Nutrition Profile: Nut-Free Healthy Aging Healthy Immunity Soy-Free High-Fiber High-Protein Gluten-Free Low-Calorie

Ingredients

Creamy Blue Cheese Dressing

- 1/3 cup reduced-fat mayonnaise
- 1/3 cup nonfat buttermilk or nonfat milk
- 1/3 cup nonfat plain yogurt
- 2 tablespoons tarragon vinegar, or white vinegar
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon ground pepper
- 1/4 cup crumbled blue cheese

Salad

- 2 tablespoon Creamy Blue Cheese Dressing 2 tablespoons chopped cucumber
- 2 tablespoons chopped tomato
- 2 tablespoons diced red onion
- 1 ounce chopped low- or reduced-sodium deli ham
- 1 ounce chopped low- or reduced-sodium deli turkey
- 1 hard-boiled egg, diced
- 1 slice crisply cooked bacon, crumbled 1/2 avocado, cubed
- 1 teaspoon lime juice
- 1 tablespoon crumbled blue cheese
- 1 1/2 cups chopped romaine lettuce



Directions

Step 1: To prepare dressing: Whisk mayonnaise, buttermilk (or milk), yogurt, vinegar, mustard, salt and pepper in a medium bowl until smooth. Add cheese and stir, mashing with a spoon until the cheese is incorporated

Step 2: To prepare salad: Add 2 tablespoons blue cheese dressing to a quart-size mason jar. (Save remaining dressing for another use) Top with cucumber, tomato and onion. Layer in ham, turkey, egg and bacon. Gently toss avocado with lime juice in a small bowl, then add to the jar. Top the salad with blue cheese. Fill the remaining space in the jar with lettuce. Put the lid on the jar and refrigerate.

Step 3: When ready to serve, shake the salad from the jar into a bowl.

Tips: Make Ahead Tip: Cover and refrigerate dressing (step 1) for up to 1 week. Stir before using.

Nutrition Facts: Per serving: Serving Size 3 cups 422calories; total fat 28g ; saturated fat 7g ; cholesterol 227mg ; sodium 749mg; total carbohydrate 20g; dietary fiber 9g; total sugars 5g; protein 25g; vitamin c 20mg; calcium 181mg; iron 3mg; potassium 929mg

Finding My RAINBOW ~ By Sherry Brouzes

chapter from *11 Pearls of Wisdom*

Beautiful Niagara Falls, Ontario, is where I live, and it is home to some of the most magnificent rainbow displays in the world. The international bridge that connects Canada to the United States is aptly called the Rainbow Bridge. What a thrill to witness this vivid spectacle of colour and to feel the refreshing spray of the waterfalls cooling your body on a warm and sunny day. I am so grateful to live near such a force of nature and visual delight. However, I did not anticipate the positive impact a rainbow would have on my life journey.

After many years of nursing, I decided to retire. My work as a nurse was rewarding and substantial, yet after retiring, I wanted to find something that I could work at my own pace and was fun, creative and inspiring. I took some time to travel with my husband and searched for something to do with the next chapter of my life.

I was always interested in Feng Shui, interior design, art, Reiki, and energy work. However, it was the ancient Chinese art of Feng Shui that immediately resonated with me. It was important for me to have an environment with good energy and where I felt happy and safe; this was a top priority for me. So, I frequently changed my furniture layout, colour choices and art; I would also spend hours shopping for new pieces of furniture and décor. I found joy in changing things around, and I often painted the walls or changed the wallpaper to effect energetic shifts. Naturally, Feng Shui was a good fit.

I began reading many books on ancient traditional Feng Shui. I was intrigued and began implementing Feng Shui in my home. The energy shift was palpable and positive changes were occurring in my home. With this success, I decided to extend the principles to our garden, creating our Zen sanctuary.

I studied and qualified as a Feng Shui Interior Design

Consultant. I began by helping friends and family renew the energy and bring balance to their homes, and this was fulfilling. However, I kept clients to a minimum because I wasn't comfortable promoting my business, so I kept things lowkey. Although I had extensive training and knowledge in Feng Shui, I had a nagging voice that told me I was not enough; I still lacked confidence. Did I know enough? How would I appear to clients? My insecurities about feeling judged for carrying extra weight kept me from speaking in public to promote my business.

Over time I began losing interest in activities and felt lethargic; I knew I was becoming depressed. I had recently gone through a complex family conflict, and looking back now, I know I mishandled the situation. I did not channel my anger appropriately. Now I understand that my negative behaviour stemmed from unresolved anger; anger I carried for far too long, which was directed toward myself. I made an appointment with my doctor and followed the medical advice I was given.

The Magenta Show

During that time, I came across a program called The Magenta Show on Facebook and was immediately drawn in. The host and guest were sitting in front of shelves lined with beautiful coloured bottles, every colour and hue of a rainbow. Fascinated by the bottles, I became a regular viewer of

the show. I was intrigued and wanted to learn more. I signed up for a course which gave me new insight into the powerful energy of colour. Through discussions, meditations and spiritual psychology, I learned how colour affects our emotional, physical, mental and spiritual well-being. I couldn't get enough and wanted to dive deeper into colour. Eventually, through colour therapy, I healed my issues with self-acceptance and with my doctor's care, I began to feel

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like myself again. Colour was fascinating, and I was obsessed.

There was a spark that had ignited in me, and I began seeing things with a new perspective; I no longer saw myself as only one spectrum. But rather a spectrum of light refracting through water droplets to form a vibrant rainbow; I knew I had been rocked, and my world opened up. Now I see myself as an array of colours with dynamic new options and possibilities in my life. It was as though a rainbow had fallen upon me, releasing beautiful new facets of myself.

Through my healing process, I became more self-aware, which in turn released me to explore the areas of my life that needed to shift. I tend to be a perfectionist, this resulted in high expectations of myself and others; overreacting and anger was my go-to emotion. Through Colour Mirrors and embracing my relationship with colour, I was able to identify my triggers and learned to channel those emotions healthily. The shift was swift! I attained clarity; I was released from the emotional blocks that were holding me back. Peace and a feeling of spiritual freedom were what I gained.

Imagine what it would be like to infuse your life with renewed energy, harmony and the healing power of colour, I did. I invite you to look at colour from a different perspective. Colours empower you to be unique – that red lipstick, or the orange top you have at the back of your closet, it is time to shine in your empowerment colour. We can use colours in our personal spaces - a vivid green throw pillow, gold-coloured picture frames or lavender walls. A rainbow of colours presents itself to us every day, so why not harvest this beautiful energy in its many variations and applications; consider incorporating some or more colours into your life.

My Personal Special Colours

There are twelve beautiful colours in my rainbow that serve me with wisdom and guidance. It is my

heartfelt wish that you discover the power of your rainbow to guide you on life's journey.

When I struggle to complete a project, red energizes me. No matter how tired I am, my body feels rejuvenated, as if red soaks up fatigue right down to my bones. When I feel the need to be revitalized, I wrap myself in my red shawl. This is a fabulous colour to add to the décor of your living room to stimulate family activities and conversation. In Feng Shui, red is a colour that stimulates wealth and prosperity and can be used in your furnishings, décor, and clothing. The opportunities are endless.

When relating to family and friends, this loving feminine vibration of pink softens all of my intentions. Relationships with family, friends and associates that may seem hard to navigate, may be possible in the loving energy of soft pink. To remind me to stay in the pink love vibration, I admire and indulge my senses in the pink roses in my garden. Notwithstanding, we cannot ignore the energies and vibrations of crystal, quartz and other precious and semi-precious stones. Jewellery can be another medium to bring the



desired energy to your person. I choose to wear my rose-pink quartz necklace during get-togethers.

Coral has given me the courage to accept myself. For many years I struggled with self-acceptance; who am I in this world? I felt that I was 'lacking' because I thought other people's opinions of me mattered. Coral taught me that the societal filter I saw myself through, was the belief that I am not good enough. That belief set me up to berate myself, I wasn't comfortable promoting my business, so I kept things low-key. When I turn up in my authentic power, it means I am being true to myself by loving who I am. I constantly found myself feeling as if I was not good enough. I gave up so much joy as I struggled to meet the expectations of others. Who would have thought that such a soft peachy colour helps me become stronger and happier with who I am? When I need the courage to stand up and be me, meditating on a bottle of coral essence from Colour

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Mirrors gives me the courage to be proud of who I am. Coral and its various tones can be found in nature – orange, red and pink combined to create flowers, fruits, rainbows and even the beautiful flamingo.

As a powerfully soothing and warm colour, orange symbolizes a ray of sunlight, hope, and survival. Access to global news has made us aware of the world's dark side. The result can be a feeling of sadness, pain and deep empathy when we see others suffering. These feelings can become overwhelming and make us feel anxious. When I experience those feelings or find my 'nurse self' empathizing, experiencing the scent of orange and the colour and the energy it radiates returns me to a neutral space. This is a colour that I recommend to my clients for use in their space. Orange colours work well for a sensitive child's bedroom, this is where they frequently store unresolved traumas and pain. Orange represents fire and is used to burn and transmute negative energy. I also recommend orange for craft rooms, family and playrooms, where it releases a creative and friendly vibration. Orange is cleansing, it is vibrant and brilliant like the rays of the sun, warming the soul and inviting enlightenment.

As teenagers a lot of young girls contend with body issues; am I too fat, I don't look like the girls in the magazines, and I just don't measure up. I was one of those girls with low self-esteem stemming from preconceived notions that I was not good enough or thin enough. This created a self-defeating cycle of dieting in my teen years. Wearing gold gives me that power boost that my self-esteem needs. Gold says you can achieve anything if you are authentic to yourself. When I turn up in my authentic power, it means I am being true to myself by loving who I am.

Yellow is a colour associated with the nervous system, and sometimes a case of nerves can make you lose your self-confidence. In the past, my experiences when speaking to a group could at times be traumatizing. Often, I was panicking, trembling, and my nerves would not calm down. Yellow evokes not only happiness and hope, but also gives me confidence and awakens my creativity. This vibrant colour helps me conquer any fears of public speaking and sharpens my mind, easing the fear of

forgetting my words. Eating a yellow banana before an exam or any mental challenge can be the edge you need! To become and stay focused, try placing a yellow item in your sight to keep you alert and awake during those online meetings.

When you invite the energy of the colour green into your life, you invite harmony and balance. Green stimulates growth and new beginnings – a rebirth each spring. Simply spending time in green spaces, or bringing nature into your environment, can greatly benefit your mental health and physical well-being. Green is essential in my Feng Shui practice as it involves a large part of our environment. I advise my clients to place plants at the bottom of a stairway to slow the energy flow, bringing a sense of balance to their homes. To my business clients, I recommend painting their staff rooms green, so their employees will feel relaxed during their breaks. Jade symbolizes gentleness, serenity, harmony and balance. Adorning yourself with jade jewelry will aid in balancing your natural energy flow and your well-being.

It can be a challenge to be a conscious communicator. I had to shape my communication skills to be more effective, which is essential for good relations in society and business. Through the colour blue, I have learned to be aware of the words I say or write; now communicating is much smoother with no miscommunications. It's good practice to check your messages and comments before sending an e-mail or posting on social media. Unfortunately, I failed to do that a few times and the outcome was very unpleasant.

The blue ray activates my masculine energy for analyzing situations, in particular when I prepare a client's energy chart for their home. This is when I use a Classical Feng Shui formula called 'The Flying Stars', this determines how best to advise them with their furniture layout. This requires a logical analysis, and blue works great for that.

There are two colours in my rainbow that I embrace, indigo and silver. I was delighted to find that by calculating my birth date through Pythagorean Numerology and the Colour Mirrors system, the main colours that arose were indigo and silver. Indigo signifies wisdom, intuitive support, and heightened sensitivity. While silver, a more feminine

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energy is associated with the moon cycles and cleansing. Wearing silver can aid in balancing mood levels and in turn, increases energy levels. Both these colours reflect my intentions; to be clear of mind and impart knowledge gained. Indigo and silver are such a representation of my spirit that I have incorporated them into my business logo and branding colours.

As a Feng Shui consultant, I reference an ancient system of knowledge that offers information and guidance for my clients to improve the energy flow in their spaces. Using violet in my environment deepens my ability to bring a spiritual component into my work. I now see my spiritual self as an energy healer, someone who can see beyond the systems and bring in messages of spiritual significance. Violet is the colour of my spirit and when I use it, I allow my spirit guides to be a part of my consultation I gave up so much as I struggled to meet the expectations of others. Violet/mauve is the colour of my workspace; it spiritually soothes my emotions and in - creases my psychic ability while keeping me firmly grounded. This deep rich colour will bring a breath of fresh air into your life.

Magenta is the colour that prodded me to find a way to bridge my passion for Feng Shui with the healing effects of colour. As with Feng Shui, the use of colour as medicine is an ancient practice and has been around since 2000 BC. At that time our ancestors were not aware of the science behind colours as medicine, but they had faith in using colour for curing ailments.

Building a Bridge

I knew these two ancient systems worked well together, but how would I join them?

Magenta represents the bridge from the old to the new, helping us to go with the flow and dispense old ideas. Accordingly, I looked to the colour magenta to inspire me to write new material for consultations and courses. Magenta also represents universal harmony, creating a balance between our spiritual and practical thoughts, making us more aware of our real selves. In my youth I had a taste for bold colours, they empowered me then as they do now. Why not try magenta accessories - a scarf, jewellery, clothing; to release your authentic self.

My journey with colour began with The Magenta Show, where I developed an appreciation for the benefits of the Colour Mirrors system. This was the start of my rainbow journey and the evolution of my Feng Shui practice into a soulful and holistic business. This blend of two systems has attracted a new clientele who are interest - ed and believe in the connectivity of all parts. Colour with Feng Shui enhances and balances our homes and spaces faster, and clients understand the beauty and benefits of healing colours instantly. It is as if the colour speaks to their souls. Every colour in my rainbow has a significant meaning and transformative power for me. When I see a rainbow near or far, it will gently remind me how my life, heart, and soul have become so enriched with colour.

Purchase the book *11 Pearls of Wisdom* here: <https://www.amazon.ca/11-Pearls-Wisdom-Inspiring-Transformation/dp/B0BYC2NQM5>



Inspiring Holistic Nursing Care Through Complementary Therapies (CT)

RNAO-CTNIG is honouring nursing week: Speaking out for nurses...Speaking out for self-care.

Although this is a reprint of an article in the 2008 CTNIG Newsletter, it is a reminder that a staff wellness program using CT can be developed, well received and successful in a hospital setting.

Darka Neill RN(non-practicing), BScN, Reiki II

Development of a Staff Wellness Program on an In-patient Child and Adolescent Psychiatric Unit

Darka Neill RN, BScN, RTTP, Reiki II



Introduction

I would like to share with you a little bit about the Staff Wellness Program I developed a couple of years ago on an In-patient Child and Adolescent Psychiatric Unit. This project was a long time coming and started with my interest in Complementary Therapies (CT), holistic health care, self care, and stress in nurses. In looking at the healthy workplace literature, I found that nurses' job stress, both acute and chronic, is a top health and safety concern and there is a link between the health and safety of patients and the health and safety of nurses. Holistic nursing practice actually requires nurses to integrate self-care in their lives, ultimately acting as a

role model for their patients. Self care, in all dimensions; mind body spirit, and including workplace and professional, is important in managing stress and burnout and for creating a personal meaning about nursing. Complementary Therapies are one approach to self care and provide nurses with a means to treat the body, relieve the mind and comfort the soul. They support significant interpersonal interactions and many have been part of nursing for centuries. There is also a shift occurring as individuals, organizations and governments begin to address and value the health, safety and well-being issues in the workplace.

With this information in hand, the support of the clinical leader and nurse educator and the results of an informal needs assessment, I submitted a proposal to our program director to develop an innovative, unit based Staff Wellness Program utilizing CT for self care as a stress management initiative.

Why stress management using Complementary Therapies?

- 1) We all know stress is a biopsychosociospiritual phenomenon involving our perception or labeling of a situation or event as stressful. No one is immune to the negative effects of stress and no one stress management technique deals with all the possible stressors we face. With chronic stress, sustained or high levels of stress and anxiety lead to a decline in health and development of disease conditions.
- 2) Our western culture is one of DOING, BUSYNESS, MULTI-TASKING, ACQUIRING. This affects how we relate to work/family/self: more work time, less family time, less time for self, masculine qualities valued over feminine qualities, increased demands with decreased supports/resources. All this carries a cost to society: economic (productivity, absenteeism,

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presentism), health (80% of illness is stress related), relationships (lack of connection, commitment, cohesiveness, satisfaction, team work) and spiritual (lack of meaning, purpose, peace in ourselves).

As a result, it is important to provide a wide range of ways to cope with stress. Stress management is a holistic approach (biopsychosocialspiritual). It involves quieting the external/internal environment in order to reduce stimulation of the individual as well as conditioning the mind to reduce arousing thoughts and increase peaceful thoughts.

Through the relaxation response we can balance out the effects of the stress response. The absence of physical, mental, emotional tension makes it possible to quiet the bodymind and focus inward resulting in a movement of a person toward balance and healing. Relaxation is opening the door to change. What better way to do this than with CT. Some interventions that promote relaxation (meditation, massage, Therapeutic Touch, music, guided imagery, prayer) are considered CT and are gaining recognition and acceptance in conjunction with conventional medical/healthcare practices

Staff Wellness Program

In the staff wellness program, healing is supported by creating an environment where staff can be nurtured by availing themselves of CT sessions for self care without having to leave the unit. I offer 30 to 40 minute sessions of Therapeutic Touch, Reiki, Guided Imagery twice a month for a 6 hour period during the evening in the staff lounge. Staff take time to attend these sessions at the beginning or end of their work day or during meal breaks. The most common reason identified for attending this program is relaxation. Informed consent is always obtained prior to the sessions.

For those who do not come to the CT sessions, the staff lounge has been set up with resources that soothe the senses and facilitate spiritual growth and healthy lifestyle (music, art, flowers, miniature labyrinth, meditation and personal development CDs, reading material). Individuals take responsibility to participate in self care to manage stress, and the organization takes responsibility to be involved in and support staff in the management of stress through self care by offering the opportunity, place and time.

Although the program is offered to all staff; nurses, child and youth counsels, and clerical staff are the main user group.

This initiative was initiated as a permanent program after a 6 month trial period that included informal needs survey, formal presentation of the wellness program to staff, and evaluation. Funding for this program was accessed through the Ontario government Late Career Nursing Initiative.



What's Happening!

Submission by Farnaz Michalski - RNAO-CTNIG Policy and Political Action Chair

I would like to announce that I have started new practice series for Healing Touch techniques in London Ontario, for four weeks at a time. The students truly appreciate the opportunity to practice each technique and share their experiences in the moment and receive validation and develop confidence. For myself and my dear RN friend in London, Sherry Gabison, the facilitating and the training is a great opportunity to review the accurate steps of the techniques, remain up to date, not to mention the joy of helping new practitioners development. The interesting fact is about half of the students of Healing Touch in London are nurses, actively working in our Health Care institutions across the city of London. Finally, we have a new member on the Board of Directors for the Healing Touch Association of Canada, as the Webmaster, and our webpage is getting a new life again! Thank Goodness for capable and dedicated volunteers!

Please take a look at the website once in a while to remain up to date with events across the country.

healingbeyondborders.org

Education Opportunity

2nd International Reiki Research Conference - Virtual

Saturday June 1 - Sunday June 2, 2024

The International Reiki Research Conference (RRC) is the only conference focused solely on Reiki research. Hosted by the Center for Reiki Research, the conference features keynote speakers, panel discussions on current topics in Reiki research, oral research presentations, and experiential sessions over two days.

Topics include Reiki research in hospitals, Reiki and mental health, distance Reiki research, Reiki with nonhumans, physiological and psychological mechanisms of Reiki, and more. You will also be able to connect with other researchers and those interested in Reiki research in our social and networking event at the conclusion of the conference.

[Register Here!](#)

The International Center for Reiki Training



Student Corner

Nursing School: "For Lecture today I will do nothing more than read this 80 slide powerpoint word for word and insinuate that every point will be on the exam, good luck studying! "

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Come join us on FaceBook at www.facebook.com/CTNIG/



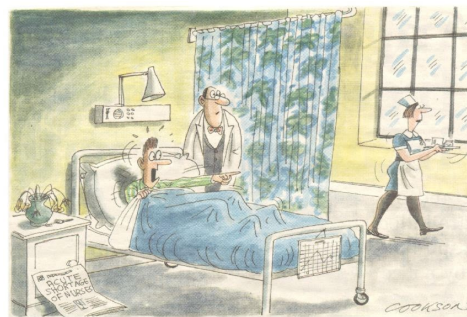
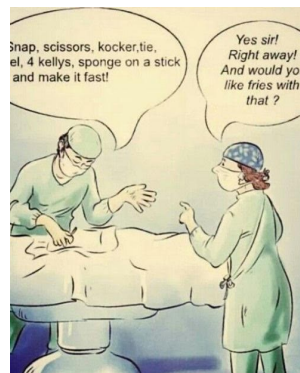
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On the Lighter Side

WHEN YOU OVERHEAR THE CHARGE NURSE GETTING

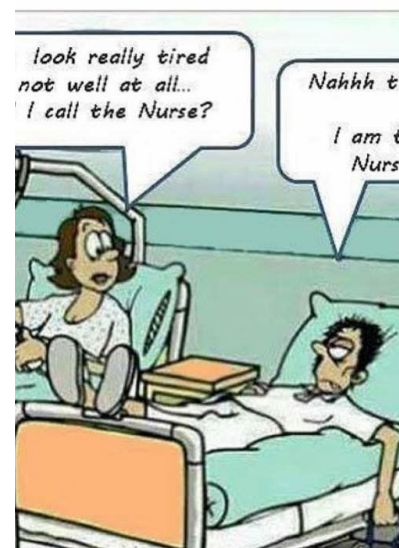
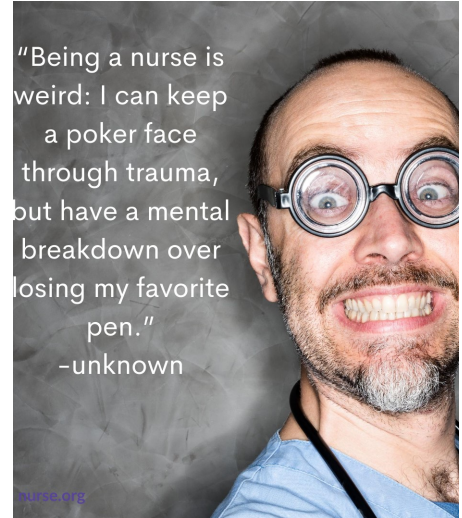


READY TO ASSIGN THE NEW ADM



"I keep hallucinating, doctor ... Look ! There it goes again ... a nurse !! "

"Being a nurse is weird: I can keep a poker face through trauma, but have a mental breakdown over losing my favorite pen."
-unknown



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