

Mind Body Spirit - The Whole News

RNAO-CTNIG Newsletter

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Spring 2025

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***Be the nurse you would
want as a patient.***

A Few Words from the President



Jessica Burford
CTNIG
President

Hello CTNIG Members,

As spring awakens around us, we are reminded of the renewal and possibility this season brings—not just in nature but in our personal and professional lives. It's a time to refresh our commitment to well-being, deepen our connections, and embrace the healing power of complementary therapies in our practice and daily lives. Within the CTNIG community, we have a unique space to explore how we care for ourselves, support each other as nurses, and enhance the well-being of those we serve.

We started the year with an inspiring Annual General Meeting (AGM) in January, where we explored the therapeutic potential of sound healing. Our guest speaker, Michael Moon, shared valuable insights into how sound can be used to reduce stress, promote relaxation, and foster holistic well-being. The discussion reinforced what we, as CTNIG members, already know—when we nourish ourselves, we strengthen our ability to provide compassionate, high-quality care to others. If you weren't able to attend, I encourage you to visit our website, where you'll find a recording of the AGM and a handout I created on the benefits of sound healing. It's a great resource for integrating this practice into both personal self-care and professional nursing settings.

In February, I returned to RNAO's Queen's Park Day gathering, where we engaged in rich discussions on key nursing priorities. While we weren't able to gather inside Queen's Park itself, the spirit of advocacy was alive and well. Workforce wellness remains at the forefront of conversations among RNAO members, reflecting the growing awareness that nurses need sustainable, supportive work environments in order to thrive. Through CTNIG, we continue to explore how complementary therapies can play a role in this, offering approaches that nurture our well-being while strengthening our ability to care for others.

Looking ahead, I'm thrilled to invite you to an exciting collaboration with the Middlesex-Elgin Chapter (London) on April 26th. We will be hosting a special event focused on well-being, featuring a guest speaker, live complementary therapy sessions, and a chance to connect over lunch. This is an opportunity to not only learn about different wellness practices but also to experience them firsthand in a supportive community. Please watch your email for registration details—you won't want to miss this chance to invest in yourself and your well-being.

On a personal note, I'm deeply honoured to share that I will be presenting my research on workforce wellness and arts-based engagement at the International Council of Nurses (ICN) Congress in Finland this June. This work reflects my passion for integrating creative expression into nursing to foster resilience, connection, and well-being. It's exciting to see these ideas gaining global attention, and I look forward to sharing insights from this experience with our CTNIG community.

As we move into this season of renewal, let's continue to lean into the strength of our CTNIG community. In this space, we can support each other, explore innovative ways to care for ourselves, and bring these practices into our nursing work. Thank you for being a part of this journey.

I look forward to connecting with you at our upcoming events!

Best, Jessica Burford PhD(c) RN, R/TRO, BScHK(Hon), MN-LPNP, GNC(C), CCNE, CHE Chair, CTNIG

Inspiration Corner



Who to Contact

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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

Holistic Nurse Coaching

What is Holistic Nurse Coaching?

Holistic Nurse Coaching a specialty in Nursing involving the art of nursing, coaching, psychology, lifestyle management, wellness, strengths-based nursing, change management, and may include other complementary therapies. A Nurse who holds space with a client, does not have any agenda of the outcomes, only works on what the client wants to work on. Also, the nurse takes the time to incorporate all aspects of the client's mind, body, spirit, and environment.

Background

We could go back as far as Florence Nightingale in the mid to late 1800s. Where she believed not only in the science of nursing but the art of nursing, which included helping patients to live well (McDonald, 2018). The art of nursing is a holistic approach skill that including deep caring, listening, holding space, incorporating the whole person.

The Canadian Holistic Nurses Association was started in 1986 by a group of nurses from British Columbia and was granted special interest group status by the Canadian Nurses' Association. A Holistic Nurse Coach uses the Holistic Nursing Standards of Practice.

Process

Each Nurse Coach services are as unique as the client they serve. Their client maybe an individual or a group of people. They may incorporate complementary therapies like Therapeutic Touch, Reiki, Hypnotherapy, Meditation, Nature Bathing, Sound Therapy etc. They may provide services in client's homes, virtual, clinics, in the community, long-term care, or hospitals. They may be employed by an agency or institution or have their own independent practice.

Nurse Coaches work with the client on improving health, disease, self- care, self- development, self- reflection, change management, building relationships, enhancing the client's environment; using person-centred techniques, caring, holistic communication, therapeutic relationship techniques, cultural care, research, and evidence.

Response

The client is empowered and supported by the Holistic Nurse on their journey of health and wellness which may include their physical, spiritual, mind, and or environment. The Holistic Nurse uses the nursing process throughout all interventions. Services from a Nurse Coach compliments all conventional Western treatments.

As a Holistic Nurse Coach, it is equally important to practice self- care, self- development, self- reflection, for their own benefit; as we as nurses can not effectively take care of others if we are not taken care of also. This philosophy is a standard of Holistic Nursing Practice.

For more info:

<https://www.chna.ca/>

<https://www.canadian-nurse.com/blogs/cn-content/2023/12/11/holistic-nursing-and-nurse-coaching>

McDonald, L. (2018). *Florence Nightingale: Nursing and health care today*. Springer.

Blessings,
Margarita Weaver (She/Her) RN BScN MPH



What's Happening

Elaine Pipher attended the Tesla's Medicine Meeting and Trade Show in June 2024 at the Redwood Theatre in Toronto. She has been interested in Nikola Tesla inventions for a while and earlier in 2024 had purchased a vintage Violet Ray Machine which was based on his technology.

At the show there were many healing devices, some of which she got a chance to try and is sharing a few of her experiences.

The Rasha

OneTruYou Life Enhancement Centre from Wiarton, Ontario was showcasing The Rasha, a Scalar plasma energy device with base 12 consciousness coherence frequencies. Prior to the session, I set an intention and lay on the zero-gravity chair. I was given headphones and an eye mask to wear. I could hear the amazing sound frequencies through the headphones and could feel the vibrations through the chair. Although the room was full of people' I was in my own world listening to the amazing frequencies and afterward felt renewed and calm.



The Pyradym

The Pyradym Device is "a patented user-controllable electronic sound, light and physio acoustic instrument". The operator needs no musical experience and can dial in a selected frequency. It has a quartz crystal capstone and can generate the light chakra frequencies



together with vibration. Each device is made to order. I was fortunate to have a couple of in-person sessions with this device at a healing centre in Yorkville, Toronto, called Soul 7, a few years ago. I recalled that during one of the sessions, I had an experience which was profoundly meditative. I felt more comfortable in the space between breaths. It was almost like time stopped. I left the session feeling blissful and smiling. Unfortunately, Soul 7 has since closed. I wished to see if I could continue access to this device and in 2021, I contacted the inventor, August Worley, to find out if there was another centre with the device in the Toronto area. Unfortunately, there were none, but I did manage to purchase a CD from his website, with a recording of the Pyradym called, The 7 Minute Tone-Up. I have been listening to this CD on and off. During the show there was a special zoom where August Worley was a guest speaker and with a device present in the room, he led a demo of his device.

The Unification Orb

The Unification Orb is a handmade device from My Conscious Wellness led by Bill Little. It contains scalar technology which helps in soul body alignment, creativity, freedom of expression, balancing lower chakras and clearing negative energy. I had a demo holding the orb whilst sitting in a chair listening to beautiful, curated music and had a wonderful meditative experience.



New Health Initiative

Museums as medicine: Swiss doctors prescribe art therapy

March 12, 2025 - Swiss doctors are broadening treatment options for patients with mental health conditions and chronic illnesses by prescribing visits to public gardens, art galleries, and museums.

In a bid to support struggling residents and encourage physical activity, the city of Neuchatel in western Switzerland introduced the pilot initiative last month in collaboration with health professionals.

"For people who sometimes have difficulties with their mental health, it allows them for a moment to forget their worries, their pain, their illnesses to go and spend a joyful moment of discovery," Patricia Lehmann, a Neuchatel doctor taking part in the programme, told Reuters.

"I'm convinced that when we take care of people's emotions, we allow them somehow to perhaps find a path to healing."

Five hundred prescriptions will be handed out for free visits to four sites, including three museums and the city's botanical garden.

One of them went to a 26-year-old woman suffering from burnout whom Reuters met at the Neuchatel Museum of Art and History, which has masterpieces by Claude Monet and Edgar Degas as well as a collection of automated dolls.

"I think it brings a little light into the darkness," she said, asking to remain anonymous.

Authorities say the idea came from a 2019 World Health Organisation study exploring the role of the arts in promoting health and dealing with illness.

During Covid-19 lockdowns, museum closures hit people's well-being, said Julie Courcier Delafontaine, head of the city's culture department.

"That was a real trigger and we were really convinced that culture was essential for the well-being of humanity," she said.

The initiative will be tested for a year and could be expanded to other activities such as theatre.

"We'd love this project to take off and have enough patients to prove its worth and that one day, why not, health insurance covers culture as a form of therapy," said Courcier Delafontaine.



A patient, who is a part of a project in which doctors prescribe museum visits, looks at a photograph by Michael von Graffenried in the Art and History Museum in Neuchatel, Switzerland March 11, 2025.

Self-Care Tips

Reclaim your power! From Andrea Petrone - Executive Coach and Speaker - UK

Most people let others control how they feel and it slowly takes away their power. A harsh word, a missed acknowledgment, or a disagreement can ruin their day. It's not the situation that causes this. It's the way they react to it. But here's a deeper truth: The person who remains calm holds the real power.

Calm isn't weakness, it's wisdom in action. It's the ability to choose how you respond, even when emotions run high.

Here's how to reclaim that power:

Pause before you react

- When you feel anger or frustration rising, stop. Breathe
- Create a space between the trigger and your reaction
- In that space lies your freedom to choose

Focus on what truly matters

- Most of what we get upset about is temporary
- Will it matter in a week? The answer is probably no
- Let go of small things that don't deserve your energy

Don't absorb everything

- Words and actions from others don't define you
- They're often reflections of their struggles, not yours
- Learn to observe without taking everything personally

Choose where to invest your energy

- You have limited energy every day
- Don't waste it reacting to negativity
- Focus on actions and people that match your values

See every challenge as growth

- The things that test your patience or stir your emotions
- Are mirrors—they show you where you can grow
- Ask yourself "What is this teaching me about myself?"

The strongest people aren't unshaken because life is easy. They've trained themselves to respond with intention. Not emotion. When you master your reactions, you master your life. Calm isn't just a state of mind—it's a superpower.

Share this to help someone take back their power



Self-Care Tips

From Humana ~ Your Favourite Flower- a positive emotion inducer

Nature's stunning blooms have a powerful effect on our moods and emotions. You could even consider them an emotional support tool.

It's a fact: [Research suggests \[PDF\]](#) that spending time around flowers promotes positive moods, leading to improved mental well-being. If you don't have any flowers on your porch, patio, deck, or yard, let's go for a walk to find some.

Whether it's a quick jaunt around the block or a scenic path in the park, the goal is to soak in the sights, sounds, and scents of nature while searching for your favourite flower.

Which type of bloom brings a smile to your face? Is it the vibrant petals of a daisy, the sunny glow of a sunflower, or the delicate beauty of a rose? Keep your eyes peeled as you walk and be on the lookout for your favorite florals.

Once you spot it, snap a picture or take a video to capture the moment. Explore why you love it so much. Is it the color? The fragrance? The shape of the petals? Ponder and appreciate the beauty of your find.

For more inspiration, see how #healthynurse [Jennifer Mensik Kennedy, PhD, RN, NEA-BC, FAAN](#), uses nature as medicine for her mental health.



From Sarah Fung: Career Coach....

Most nurses I speak to don't actually want to leave nursing.

They want to leave a workplace they can no longer tolerate.

You can't even imagine how many roles a nursing background qualifies you for.

So don't leave! Find a creative way to use your education and training.

Meditation

Grounding Meditation by Anna Marikar

Begin by finding a comfortable seated position with your back straight, feet on the floor and hands cradled in your lap. Gently close your eyes, and bring your attention to your breathing. Just watching without changing it.

Now slow down and deepen your in breath without straining. Feel the air filling your lungs. As you breathe out, exhale fully and imagine releasing all the tension and anxiety you've been holding onto. Continue breathing with the slow deep breaths in and full breaths out letting go of any tightness, tension, pain or fear.

With each breath, feel your body becoming more relaxed, and more grounded.

(Allow a moment of silence for the breath to deepen)

Now visualize your body as a strong, ancient tree. Your spine is the trunk, stable and sturdy. Your arms, the branches, reaching out, and your legs and feet are the roots, grounding you deeply into the earth.

(Short pause)

Now, focus your attention on the base of your spine, your root. This is your foundation, the center of your stability and security. Visualize a glowing red light at this base, warm and comforting. This light represents your connection to the earth, to stability, and to your core strength.

As you inhale, imagine this light becoming brighter, more vibrant. And as you exhale, feel this light spreading warmth and stability through your body. With every breath, this red glow is rooting your legs and feet, your whole self, further into the ground, anchoring you in the present moment.

(Short pause for a few breath cycles)

Feel the earth's energy nurturing and supporting you through the red light, providing a solid foundation. With each breath, you are tapping into the earth's vast reservoir of calm and peace. You are no longer a leaf, tossed by the wind of your thoughts and worries. You are the mighty tree, deeply rooted, stable, and serene.

(Allow a moment of silence for reflection)

Now, slowly start to bring your awareness back to the room. Wiggle your fingers and toes, feeling the connection between you and the earth. Gently open your eyes when you're ready.

Carry this feeling of stability and calm with you as you move through your day, rooted in the present moment, grounded in your strength



Tips for Leading a Meditation

Whether you're leading a group in a serene setting or seeking a solitary retreat into your inner landscape, the script is your companion, ready to adapt to your pace and your space.

If you're guiding others, let your voice be the gentle tide that carries them through the meditation. Speak slowly and clearly, allowing your tone to convey the peace and stability that the meditation seeks to instill.

Encourage participants to let go of their thoughts, to not let their minds wander but instead focus on the rhythm of their breath and the words you're offering.

For those who prefer a more personal journey, consider recording these meditations in your own voice—a familiar anchor in the vast sea of consciousness.

Basic apps like the simple voice recording tools can be your allies here. Listen to your own guided meditation during your daily routine or as part of a special ritual. This can be a great way to maintain consistency and deepen your practice.

Remember, the most important thing is to make these sessions your own. Feel free to modify the script, adjusting the pace or emphasizing parts that resonate with you.

And don't rush. Meditation is not a race to the finish line; it's a journey to the center of yourself. Take it at your own pace, and allow your practice to evolve.



Website



Government
of Canada

Gouvernement
du Canada

Canada

Organizational mental health and wellness supports: Nursing retention toolkit

<https://www.canada.ca/en/health-canada/services/health-care-system/health-human-resources/nursing-retention-toolkit-improving-working-lives-nurses/organizational-mental-wellness-supports.html>

Research

1. Preliminary report: Neural Pathways of Applied Reflexology

Annual Meeting of the International Society for Magnetic Resonance in Medicine in Singapore. May 6, 2024

Reflexology Research Project

fMRI Research Transforms Reflexology

It is confirmed by research: foot reflexology's effect on the body has basis in fact. Proof of this concept was demonstrated by fMRI (functional Magnetic Resonance Imaging) research showing unexpected areas of the brain are activated as reflexology is applied to the feet.

Expected areas of the brain are those responding to any sensory application to the foot such as touch. As noted by lead investigator Dr. Stefan Posse, "(The research showed) Information (during foot reflexology) is shared with never expected parts of the brain."

Also unexpected was the consistency of results for the four healthy participants and four stroke patients. All healthy participants demonstrated consistent activation of the same areas of the brain. All stroke patients showed consistent activation.

Results for the healthy subjects of the preliminary study showed potential feasible activation of the sensory motor cortex as expected as well as unexpected activation of insula, parietal lobe (supramarginal gyrus) and the pre and supplementary motor cortex.

Results for stroke patients showed activation of the foot sensory cortex, left pre and supplementary motor cortex, left supra marginal gyrus and the left middle temporal gyrus. Testing before and after the application of foot reflexology showed improvements for patients in relaxation of paralyzed hands varying among participants and improvements in abilities to

feel the difference between two points on the paralyzed limb.

These areas of the brain integrate incoming sensory information to provide responses to ensure survival. Information is provided from our surroundings and the inner us then integrated to make decisions about how to respond to events such as the need for fight or flight; the more mundane nervous tension of a job interview or an emotional situation.

Sensory information comes from the internal us, sights, sounds, proprioception such as pressure to the feet and movement. By providing pressure information to the feet, foot reflexology becomes a part of the survival mechanism. It is hypothesized that the above noted areas of the brain are activated by foot reflexology as a participant in the survival mechanism.



Brain scans during foot reflexology application were conducted in 2023 as part of the research project Neural Pathways of Applied Reflexology at the University of Minnesota School of Medicine Center for Magnetic Resonance Research (CMRR). Results were reported May 6, 2024 at the annual meeting of the International Society for Magnetic resonance in Medicine in Singapore.

Researchers included internationally known reflexologists Barbara and Kevin Kunz; Dr. Stefan Posse of the University of New Mexico School of Medicine as well as Dr. Essa Yacoub, Dr. Ann van de Winckel and Dr. Luca of the

University of Minnesota.

An fMRI (functional Magnetic Resonance Imaging) scans the brain, measuring changes in blood flow and oxygen, nutrients needed to accomplish the task underway. What we're thinking, doing, sensing or feeling causes blood to flow to specific parts of the brain. The pressure of reflexology to the foot was

(Continued on page 13)

(Continued from page 12)

shown to prompt blood flow to specific expected and unexpected parts of the brain.

In the meantime, if you want to watch the full webinar covering the preliminary results, Kevin and Barbara have kindly made it available for everyone to watch on YouTube.

Reflexology Research Project
141 San Fidel NW, Albuquerque
United States of America

2. Changes of cerebral functional connectivity induced by foot reflexology in a RCT

Descamps, E., Boussac, M., Joineau, K. et al. Changes of cerebral functional connectivity induced by foot reflexology in a RCT. *Sci Rep* 13, 17139 (2023). <https://doi.org/10.1038/s41598-023-44325-x>

Abstract

Non-Pharmacological Interventions (NPIs) are increasingly being introduced into healthcare, but their mechanisms are unclear. In this study, 30 healthy participants received foot reflexology (FR) and sham massage, and went through a resting-state functional magnetic resonance imaging (rs-fMRI) to evaluate NPIs effect on brain. Rs-fMRI revealed an effect of both NPIs on functional connectivity with changes occurring in the default-mode network, the sensorimotor network and a Neural Network Correlates of Pain (NNCP—a newly discovered network showing great robustness). Even if no differences were found between FR and SM, this study allowed to report brain biomarkers of well-being as well as the safety of NPIs. In further research, it could be relevant to study it in patients to look for a true reflexology induced-effect dependent of patient reported outcomes. Overall, these findings enrich the understanding of the neural correlates of well-being experienced with NPIs and provided insight into the basis of the mechanisms of NPIs.

To view full article go to: <https://www.nature.com/articles/s41598-023-44325-x>

3. Biology of Butterflies in the Stomach

Giuseppina Porciello, Alessandro Monti, Maria Serena Panasiti, Salvatore Maria Aglioti, (2024)

Ingestible pills reveal gastric correlates of emotions
eLife 13:e85567.

Full article: <https://doi.org/10.7554/eLife.85567>

Abstract

Although it is generally held that gastrointestinal (GI) signals are related to emotions, direct evidence for such a link is currently lacking. One of the reasons why the internal milieu of the GI system is poorly investigated is because visceral organs are difficult to access and monitor. To directly measure the influence of endoluminal markers of GI activity on the emotional experience, we asked a group of healthy male participants to ingest a pill that measured pH, pressure, and temperature of their GI tract while they watched video clips that consistently induced disgust, fear, happiness, sadness, or a control neutral state. In addition to the objective physiological markers of GI activity, subjective ratings of perceived emotions and visceral (i.e. gastric, respiratory and cardiac) sensations were recorded, as well as changes in heart rate (HR), heart rate variability (HRV) and spontaneous eyes blinks as non-gastric behavioral and autonomic markers of the emotional experience. We found that when participants observed fearful and disgusting video clips, they reported to perceive not only cardiac and respiratory sensations but also gastric sensations, such as nausea. Moreover, we found that there was a clear relation between the physiology of the stomach and the perceived emotions. Specifically, when disgusting video clips were displayed, the more acidic the pH, the more participants reported feelings of disgust and fear; the less acidic the pH, the more they reported happiness. Complementing the results found in the deep gastric realm, we found that disgusting stimuli induced a significant increase in HRV compared to the neutral scenarios, and together with fearful video clips a decrease in HR. Our findings suggest that gastric signals contribute to unique emotional states and that ingestible pills may open new avenues for exploring the deep-body physiology of emotions.

The Middlesex- Elgin Chapter &
The Complementary Therapy Nurses Interest Group
Invite you to join us for
CARE FOR THE CAREGIVER:

A SELF-CARE RETREAT FOR NURSES

26 APRIL 2025

9:30 AM - 12:30 PM

465 Sunningdale Road West, N6G 5B9
(Sunningdale Golf and Country Club)

COST: \$20 (REIMBURSED AT EVENT)

KEYNOTE SPEAKER | ACTIVITIES | FOOD | GIFTS | PRIZES

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Canadian Mental
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Ontario



Recipe

Cucumber Sandwich

By [Amanda Stanfield](#) Reviewed by Dietitian Elizabeth Ward, M.S., RDN From EatingWell

This creamy, crunchy cucumber sandwich recipe strikes a lovely balance between decadent and light. The cream cheese-yogurt spread complements the crisp refreshing cucumber, while the hearty flavor

Ingredients

- 2 ounces cream cheese, at room temperature
- 1 tablespoon low-fat plain Greek yogurt
- 1 tablespoon sliced fresh chives
- 1 tablespoon chopped fresh dill
- ¼ teaspoon ground pepper
- 2 slices whole-wheat sandwich bread
- ⅓ cup thinly sliced English cucumber

Directions

Stir cream cheese, yogurt, chives, dill and pepper together in a small bowl until well blended. Spread the mixture evenly on one side of each bread slice. Top 1 slice with cucumber slices, then top with the other bread slice, cream cheese-side down. Cut the crusts from the sandwich and cut it in half diagonally.

Tips from the EatingWell Test Kitchen

These are the key tips we learned while developing and testing this recipe in our Test Kitchen to make sure it works, tastes great and is good for you too!

- We use an English cucumber for this recipe, which has a mild sweet flavor, thin delicate skin and crisp texture. You can substitute it with Persian cucumbers, which have a similar flavor and texture. Persian cucumbers, also known as mini cucumbers, are small cucumbers about 5 to 6 inches long. They're commonly sold in packs of six cucumbers in a tray.
- To safely soften cream cheese, pull out only the amount you need. Cut it into small cubes and place them on a plate. Cover and allow it to stand for 30 minutes.
- If you don't have plain Greek-style strained yogurt, you can use regular yogurt. (The spread may be a little thin, but that's OK.) You can also leave out the yogurt and double the cream cheese, but keep in mind that will add [saturated fat](#) and calories.
- You'll only need a small amount of dill and chives to make these Cucumber Sandwiches. Place extra dill and chives on damp paper towels. Roll up and store in a resealable bag in the crisper drawer of your refrigerator. Use within 1 week.



Serving Size 1 sandwich: Calories 358, total fat 22g saturated fat 12g cholesterol 59mg sodium 439mg total carbohydrate 29g dietary fiber 4g total sugars 6g protein 12g vitamin c 3mg calcium 174mg iron 2mg potassium 309mg

Student Corner

Top 10 skills nursing students need to succeed

A career in nursing can be incredibly rewarding, but it's not for everyone. It's a lifestyle choice and a mental shift, and just becoming a registered nurse is a journey in and of itself.

There will always be a demand for qualified nurses; according to the Bureau of Labor Statistics, the demand for RNs through 2031 is expected to grow at a faster-than-average rate of 6% and at a 40% rate for nurse practitioners, midwives, and anesthesiologists.

There are certain intangible "qualifications" that make good nurses great — a nursing skills checklist, if you will. Nursing students who possess these skills are quickly hired by the top organizations.

Top 10 skills nursing students need to possess as they build a successful nursing career

1. Confidence

When stepping into a new nursing job, it can be easy to second-guess your decisions, regardless of how many exams you aced in school. But you need to be confident and assured that what you learned in nursing school has made you ready for this job. It's about being optimistic, independent, and assertive, with enthusiasm for what you do and an emotional maturity that helps you do your job at a higher level.

2. Ability to connect the dots

So how well did you pay attention in school?! The tests are over, and now it's time to apply what you learned to real-life situations. Maintaining a holistic understanding of course content and being able to pull from that knowledge to make decisions and ask the right questions will help you succeed and better assist patients.

3. Critical thinking

Being able to observe, think critically, and make the right decision is vital to being a successful nurse. You may be great at dressing a wound or give an IV like a pro, but without the ability to make quick decisions in high-stress situations, you'll find yourself struggling as a nurse.

4. Relation-based care

This one is simple enough but cannot be overstated. "Bedside manner" is one of the most important tools in a nurse's arsenal and, aside from proper actual treatment, it's the one that can have the biggest impact on patient or family experience. As a framework, relation-based care improves safety, patient and staff satisfaction, and quality of work by improving each relationship within an organization. The ability to make real human connections and create an environment that keeps patients and their families feeling safe, informed, and cared for is a personal skill that lifts morale, and as a result, the reputation of the organization.

5. Leadership

Being a leader doesn't require a leadership role. As a nurse with patients and families looking to you for updates and guidance, you'll be put in leadership positions all day long. You'll need to be self- and situationally aware, have strong time management skills, and be able to manage projects, conflicts, and emergencies.

6. Lifelong learning

Being committed to succeeding in your nursing career requires constant learning, practice, and reflection for continuous improvement. Few industries move at a faster rate than medicine and patient care and there's always more to learn.

7. Think like a nurse

Successful nurses obviously need to have strong clinical thinking skills with a strong foundation of concepts and theories, but without being able to adapt to changing situations and think on the spot, lives could be in jeopardy. It's a whole world of thought — with the help of blood, bodily fluids, 12-hour shifts, staying obsessively clean, and multitasking constantly, thinking like a nurse is hard to avoid.

8. Work well with colleagues

Hospitals or other organizations in which you work will expect new nurses to be able to communicate

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and collaborate effectively with co-workers right off the bat. It's not something learned in textbooks or by studying; it's an intrinsic skill of maintaining composure, respect for others, and flexibility. Plus — it's nice to be liked!

9. Consider alternative points of view

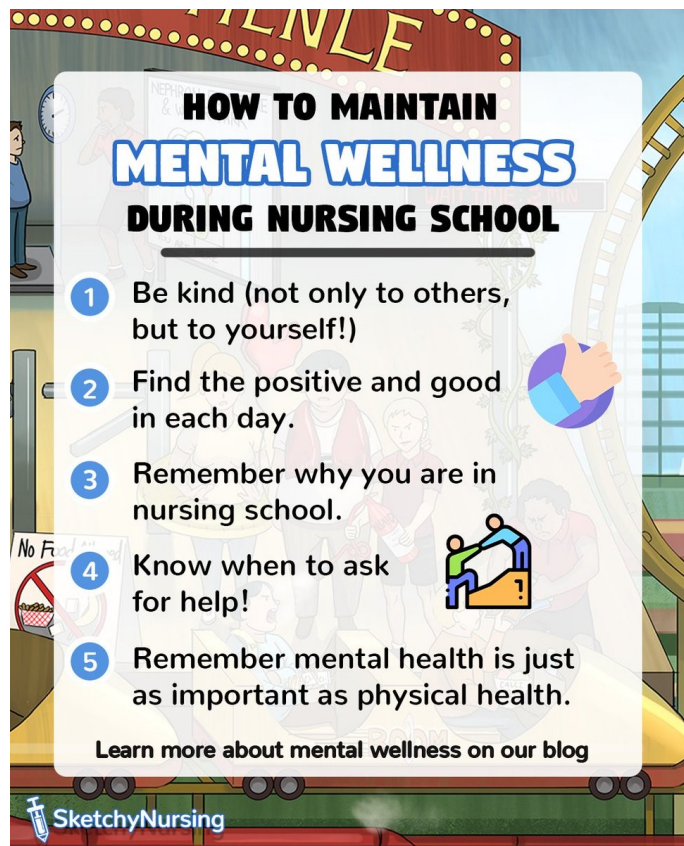
It's easy to become absorbed in a patient's situation or feel strongly about the best way to proceed with diagnosis or procedures. Be open to advice, and even confrontation, and stay open minded to other ways of doing things. Treatment is rarely binary; be accepting of other points of view and learn something from every situation.

10. Advocate for patients

As a nurse, it's your responsibility to advocate for the patients you assist. You'll often have the most contact with a patient and become the person debriefing team members, or interpreting tests, procedures, and instructions for patients and families.

So, how did you do? Did all 10 apply to you? It's okay if you're not a pro at all of them. Most of these are fine-tuned and develop with time and experience. But having a strong foundation of these skills will make you an irreplaceable asset in the workplace.

See article: <https://www.wolterskluwer.com/en/expert-insights/top-10-skills-nursing-students-need-to-succeed-today>



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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

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.

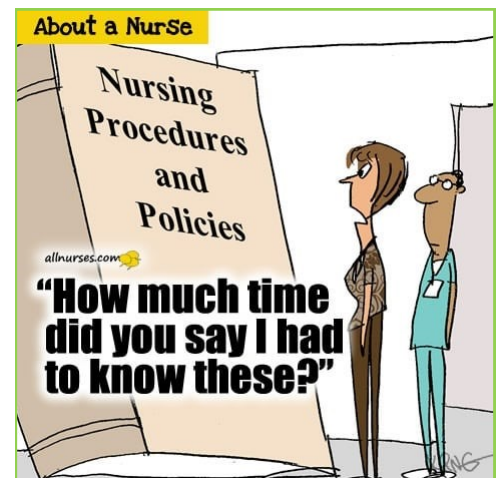
If you are able to volunteer a couple of hours a month to make the CTNIG successful and relevant, please consider being part of the executive. Your service will be valued and much appreciated.

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

For more information or to nominate yourself or another CTNIG member contact:

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On the Lighter Side



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