

Self-Care IS Healthcare: An Integrative Perspective

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Objectives

- ◆ Define integrative/holistic healthcare/wellness
- ◆ Experience simple holistic self-care tools for stress management to support health and wellness
- ◆ Recognize three holistic/integrative tools to implement for daily self-care

It's not selfish to love yourself, take care of yourself & to make your *Happiness* a priority.

It is a necessity!

Secure yourself first



We only have the capacity to care for others to the degree that we care for ourselves

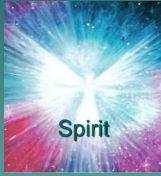
Integrative Healthcare Defined



Integrative Healthcare is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) including all aspects of lifestyle. It focuses on the least invasive, least toxic, and least costly methods to help facilitate health by integrating both allopathic and complementary therapies. These are recommended based on an understanding of the physical, emotional, psychological and spiritual aspects of the individual.



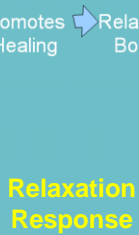
Balancing Elements



Some Integrative Interventions to Consider

- ◆ Diaphragmatic/Mindful Breathing/Qi Gong/Tai Chi/ Yoga (Movement)
- ◆ HeartMath® Coherence Tools
- ◆ Progressive Muscle Relaxation
- ◆ **Attitude of Gratitude!**
- ◆ Guided Visualizations
- ◆ Aromatherapy
- ◆ Calming Environment
- ◆ Healing Touch
- ◆ Area-focused massage



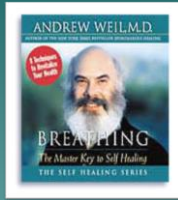


Breathing

“If today you can be aware of breathing for ten seconds more than you were yesterday, you will have taken a measurable step toward expanded consciousness, deeper communication between mind and body, and integration of your physical, mental, and spiritual functions.

I can recommend no single more powerful – or more simple – daily practice to further your health and well being.”

-Dr. Andrew Weil



BREATH



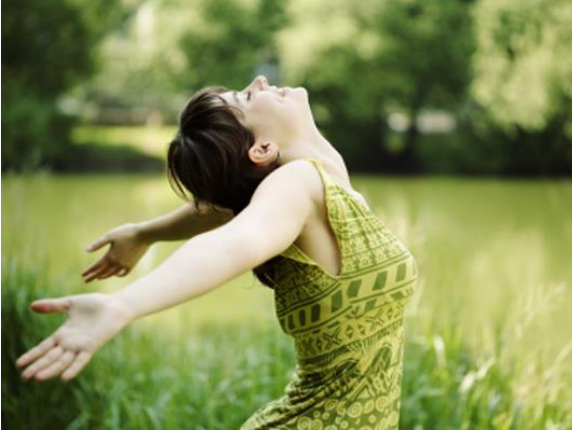
*Breath...
the link between
mind, body and spirit.
- Jerome Smith*

HeartMath

Heart-Focused Breathing

- ◆ Focus your attention in the area of the heart.
- ◆ Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.

Suggestion: Inhale 5 seconds, exhale 5 seconds, or whatever rhythm is comfortable.



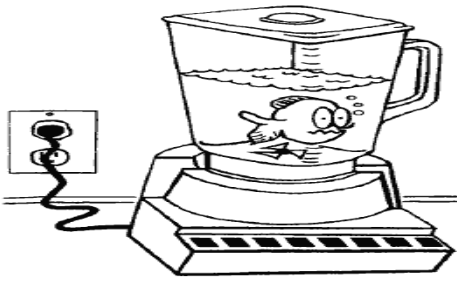
So what is taking our breath away?

◆ Could it be STRESS?????

What is Stress?

- ◆ *Stress* = Emotional and physical reactions as a result of changes and demands one cannot cope with,
- ◆ “a state of disharmony”

Resource: Lox, Ginis and Petruzzello, 2006; Wellness Councils of America, 2003



**And you thought
there was stress
in your life !**



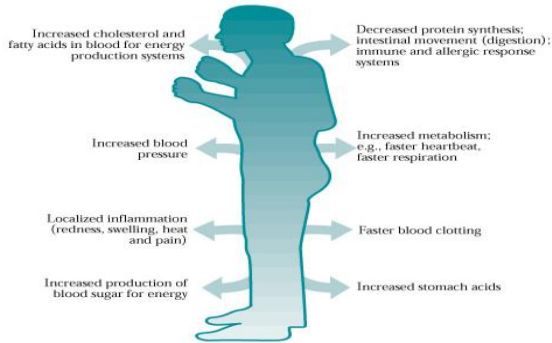
Why Be Concerned?

- ◆ Major risk factor for disease and disability
- ◆ Reduces immune system functioning



Resource: Wellness Councils of America, 2003

Physiological Effects of Stress



Benefits of Self-Care/Stress Management

- ◆ Improved immunity
- ◆ Prevents disease
- ◆ Increases energy
- ◆ Better Sleep
- ◆ Improves digestion
- ◆ Improves focus
- ◆ Optimism
- ◆ Able to remain calm
- ◆ Reduces tension and anxiety
- ◆ Increases self confidence
- ◆ And more!!!!



Resources: Wellness Councils of America, 2003; Greenberg, 2006

How do we achieve a return to internal calm amidst...

Chaotic Work Environments



Other People's Attitude



Anger/Frustration



NOISE







Power of Positive Emotions !





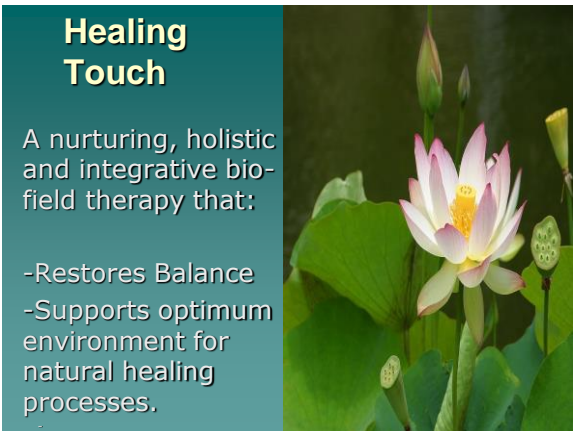
Quick Coherence® Technique



- Step 1: **Heart Focus**
- Step 2: **Heart-focused Breathing**
- Step 3: **Heart Feeling**







In a few decades scientists have gone from a conviction that there is no such thing as energy fields in and around the human body to an absolute certainty that they exist."

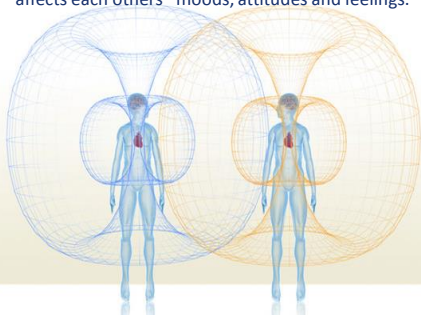
James Oschman PhD
Energy Medicine, the Scientific Basis



Electromagnetic Field of the Heart



The heart radiates an electromagnetic field that energetically affects each others' moods, attitudes and feelings.



Biomedical Research

- ◆ Use of SQUID detector to measure bio-magnetic field of practitioners hands:
 - Trained practitioner's hands
 - ◆ .3 HZ to 30 HZ, with most activity in the 7-8 Hz range.

John Zimmerman MD
University of Colorado School of Medicine

The Healing Effects of PEMF

<u>Frequency</u>	<u>Effects</u>
◆ 2 Hz	Nerve Regeneration
◆ 7 Hz	Bone Growth
◆ 10 Hz	Ligament Healing
◆ 15,20 & 72 Hz	Stimulation of capillary formation and fibroblast proliferation.
◆ 25-50 Hz	Synergistic effects with nerve growth factor

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Integrative Self-Care Healing Touch Experience

Primary Ingredients:

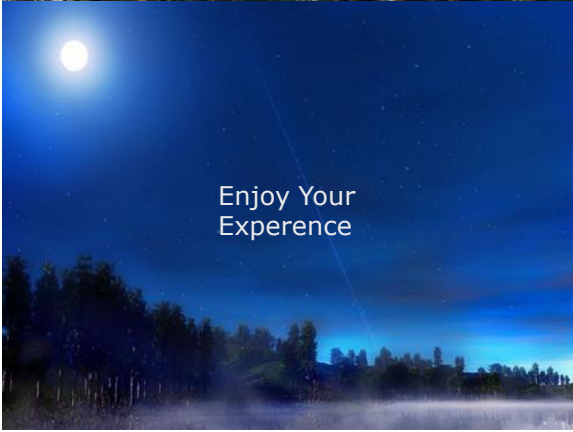
1. Compassionate Intention
2. Centered Heart

Steps for Simple Healing Touch for Self-Care

1. **Set your highest good intention:**
 - "Whatever I need in this moment for my highest good."
2. **Hold your hand over area of tension/concern**
3. **Breath slowly**, inhaling a sense of peace and calm.
4. Hold area with focus and **compassion (as if you are holding a newborn)**.
5. Gift yourself with a moment like this as often as needed.







Anytime benefits

- In the morning to set the tone for the day
- During the day to refresh and renew
- Last thing at night for a more restful sleep



How...in a busy, busy day?



Self-Care Techniques Practiced

- ◆ Heart-Focused Breathing
- ◆ Quick Coherence
(add the power of + emotion)
- ◆ Attitude of Gratitude!
- ◆ Healing Touch for Balance.



HOW CAN I.....

- ◆ Restore more balance to my external environment?
- ◆ Restore more balance to my body, mind, spirit and energy field ?
- ◆ Shift my perception about things that cause me to feel stressed?
- ◆ Get started?

Because after all
Self-Care IS Healthcare!!

Thank you for your presence!
Questions Honored