



# Mind Body Spirit - The Whole News

RNO-CTNIG Newsletter

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## A Few Words from the President



**Jacquie Dover**  
**CTNIG**  
**President**

Dear CTNIG Family,

Greetings CTNIG Community,

2020 is a year that will go down in history, and many of us are deeply in need of rest and healing as the year end approaches. There seems to be renewed worldwide interest in restoration and self-care. This is an important moment in time to highlight the role of complementary therapies in nursing practice that aims to heal the whole person.

The year has been challenging, but as the year comes end nears CTNIG also has many reasons to celebrate. 2020 will mark the year that CTNIG became a provincial (voting) RNAO interest group! Thank you for your membership as our interest group takes this exciting step in our journey.

Many thanks to our CTNIG executive team for their tireless efforts. Remember to set aside some time to view the video recording from our 2020 CTNIG virtual AGM meeting that was held on September 19, 2020. The 2020 CTNIG AGM recording is available on our YouTube channel. <https://youtu.be/OTwiSmgAlHg>.

We have some exciting opportunities for you to deepen your involvement in CTNIG. We are actively recruiting for members to participating in CTNIG committees. Current opportunities include our communications, membership, and newsletter committees. We also have opportunities for student and regional liaisons. Our liaisons serve as vital connections between our executive team and our membership.

I have so much appreciation for you, our members, for your passion about complementary therapies and your commitment to the vision and mission of CTNIG. Wishing you all joy, healing, and peace.

With gratitude, Jacquie Dover

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# Gratitude Meditation

By Darka Neill RN (Non-Practising), BScN, RP, Reiki II

*Enjoy some quiet, relaxing time and reflect on life with gratitude. Here is a short guided imagery that may be helpful. The more you do it, the easier it will be.*

*Come with a curious mind, without judgment, and just see what happens!*

Begin by finding a quiet place to sit or lie down comfortably.

Perhaps you have a sacred space or a piece of relaxing music that is set aside for meditation or reflection.

Once you are in a comfortable position, allow your attention to go to your breathing, without changing it,

Just watching... whether it's your chest/abdomen rising and falling or your breath coming in and going out of your nose.

Noticing as you inhale and exhale for a couple of minutes....

Nothing to say,

Nothing to do,

Just breathe...

As you are breathing, let your shoulders drop, and your muscles soften with the out breath....

Releasing tension and relaxing more and more for another moment.

If distracting thoughts intrude, as they often do, keep bringing your attention back to the breath, as best you can.

As you continue to breathe, slow down and deepen your in breath and lengthen your out breath, without straining, for a couple of minutes.

Inhale peace and calm with each in breath and release any tension with each out breath...feeling more and more relaxed as you breathe.

Now imagine or remember a place and time where you felt safe ....where you experienced love, contentment, calm, joy, compassion or acceptance.

Perhaps somewhere in nature, somewhere special inside, with someone or a pet.

Take some time to look all around that place... to the right .... to the left... up...down... using all your senses to experience that moment ... the sights, sounds, smells, touch and feelings of that experience...the gentle healing energy of that experience.

Placing one hand over the other lightly on your chest, as best you can allow the energy of that experience to be felt gently in your heart area, letting it radiate from the heart to fill every part of you and beyond surrounding you in the soft and gentle glow of healing energy.

As the healing energy spreads, it softens any tension, alleviates worries, releases pain or fear. Be Present and Enjoy This Moment

Within this healing space remember and reflect on what you are grateful for...whether it be family, friends, relationships, experiences, health or challenges.

Write these down in a journal, if you have one, or on a piece of paper. As you write let gratitude, love, and joy flow with each stroke.

## Self Care Tips

### Iodine/Coconut Oil Mixture as disinfectant

"If you're worried about catching coronavirus from the mailman or anyone else, Make up a paste of iodine in coconut oil advises Dr Sarah Myhill.

Studies show it enhances healing,' writes Dr. Myhill in her book *The Infection Game – Life is an Arms Race*. 'This is why the surgeons love it. Skin painted with iodine before incision does not get infected and heals perfectly.'

Iodine has a long standing use as a disinfectant. Lugol's iodine was developed by the French doctor, J. G. A. Lugol, who first mixed iodine and potassium iodine in water with the intention of using it as a disinfectant. To this day, this form of iodine is used as an antiseptic on patients and in operating rooms because it kills bugs of every description but in low doses is non-toxic to the body's cells involved with healing.

#### How to Make Up Iodine/Coconut Oil Paste

If solid, soften some coconut oil and add **10 parts of coconut oil to 1 part of Lugol's iodine. Not Betadine.** (Lugol's comes in varying strengths, from 5 to 15 percent, but any strength will do.) It will make a yellowly liquid paste.

'With any foreign contact, rub a marble size amount into your hands, forearm and around your face,' says Dr Myhill.

'That will contact-kill the virus in a few seconds. And it will stick to your door handle, or car door and kill virus there too.'

Do not use if allergic to iodine.

For full article go to... [https://lynnemctaggart.com/killing-coronavirus-on-contact/?utm\\_source=lynmctaggart&utm\\_medium=email&utm\\_campaign=lynmctaggart&utm\\_content=Killing+coronavirus+on+contact](https://lynnemctaggart.com/killing-coronavirus-on-contact/?utm_source=lynmctaggart&utm_medium=email&utm_campaign=lynmctaggart&utm_content=Killing+coronavirus+on+contact)

**We would also like to hear from you about any of your self-care practices that we can share with the rest of our nursing community.**

**Send your submissions to:**

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**DISCLAIMER: The information, facts and opinions provided here are not intended to be a substitute for professional advice. Always consult your primary healthcare provider for any medical advice, diagnosis, or treatment and before undertaking a new diet or exercise plan.**

## Self-Care Resources

### Be Your Own Healer: Self-Care with Therapeutic Touch

A well-written and easy-to-read book that tells you how to use a widely researched and well-respected healing modality for your own self-care!! With years of practicing and teaching this modality behind them, the authors teach readers step by step to remove their aches and pains, deal with reducing stress, be able to sleep more easily, and to generally feel better.

TT for Self-Care can be used in your everyday life – in your home, at work, in school or at the beach. It can also be useful while in hospital as a compliment to any medical care. Here's your opportunity to learn to wake up your "inner self" so you can teach yourself to be your own healer.

And the bonus is that you can see all the exercises and listen to the imageries on YouTube on our own special YouTube channel. Check out the YouTube Channel <https://www.youtube.com/playlist?list=PLNXnj2P0EiIo5DPwnYXrzCi6TWP-HKwQw>

\*The self-care program that Crystal developed at Gilda's Club Greater Toronto is different from the regular practitioner workshops provided by recognized TT organizations.

The book, *Be Your Own Healer: Self-Care with Therapeutic Touch* and the TT for Self-Care programs teach you how to use the techniques of TT for your own good health. You'll learn about centering yourself, and clearing your field, and you'll be reminded to rest after each treatment so that your field can remain in its new harmonious state. The actual healing is always an inner process of the person being healed – and that's YOU. TT gives your system a jump-start, helping you to mobilize your system so that you can do this healing for yourself. It's like waking up your "inner self" so you can teach yourself to be your own healer.

It is very important to note that TT is a healing modality and not a curing modality. They're very different. One must use common sense. For serious illnesses, we all must go to our doctors and follow instructions. TT for Self-Care can be used while in the hospital or at any time **as a** complement to your medical plan. It is useful to

help you to manage everyday aches and pains that we all tend to ignore and just carry on. You can do better than that! With the techniques we teach you in our book and classes you learn to manage pain, anxiety and stress, to improve sleep patterns, and to feel better. You will feel empowered as you take more control of how you feel!

Crystal Hawk, MEd, RT, QTT and Alison Cooke, BSA (Hon), BEd, RT, have a combined 65 years of teaching Therapeutic Touch. They bring their wisdom and experience to their teaching. After years of teaching Therapeutic Touch practitioners, their goal in writing *Be Your Own Healer: Self-Care with Therapeutic Touch*, is to open the door to everyone so they can receive the benefits of Therapeutic Touch for themselves.

For more information about Therapeutic Touch see <https://thehealingpathways.com/services/therapeutic-touch/tt-faq/>



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## Websites



### Consciousness and Healing Initiative

<https://www.chi.is/systems-mapping-resources/>

The Consciousness and Healing Initiative (CHI) is an international collaborative accelerator of scientists, health practitioners, innovators, educators, and artists, who forward the transdisciplinary science and real-world application of consciousness and healing practices.

How much science is behind energy/biofield healing and what will it take to integrate these therapies into healthcare?

The Consciousness and Healing Initiative recently released "The Subtle Energy and Biofield Healing: Evidence, Practice and Future Directions" report. It synthesizes key perspectives and data from scientists, healing practitioners, policy advocates, technologists and more. The report also provides suggested directions for systems change in healing.

The landmark report includes public databases, maps and infographics on biofield communities, research, and technologies. While it focuses more on energy healing techniques, the report does include significant information on energy psychology approaches.

### Whole Health Institute

<https://www.wholehealth.org/>

Whole Health 4 You is a free video resource for children, parents, and educators looking to focus on health and well-being. The videos include: tips on well-being, calls to action to engage in our whole health community, educational materials that can be downloaded, and more.

May I be **peaceful** and **happy**.  
May I be **strong** and **healthy**.



May I be **safe** from **harm**.  
May I **care** for myself with **ease**.

**Repeat twice while washing  
your hands to reach the  
recommended 20 seconds**



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## What's New

### Doomscrolling- NEW TERM

If you find yourself spending long periods of time reading online content that is sad, depressing, or makes you feel bad inside, yet find it hard to turn off you may be doomscrolling. Doomscrolling is a new term used to describe the experience of continually reading bad news without the ability to stop or step back from it.

For full description see...<https://www.merriam-webster.com/words-at-play/doomsurfing-doomscrolling-words-were-watching>

Here is one energy based technique (Resources for Resilience) which you may find helpful that the Association for Comprehensive Energy Psychology (ACEP) recommends.

By using energy-based techniques like Simplified Safe-Havening, you help your body reduce stress hormones. This allows you to return to a calm state quickly and easily.

Exposure to too much upsetting news can cause your brain to signal your body that you are in danger. This can lead to your system being flooded with hormones that put you in a state of high alert. This is what makes calming down difficult. By using the technique above, you give your body and mind a boost by reducing those stress inducing hormones.

#### **SIMPLIFIED SELF-HAVENING** (Havening Techniques®, by Ron Ruden, Ph.D.)

Purpose: Simplified Self-Havening is designed to calm and center the nervous system after a stressful or traumatic event.

Use:

- After a shocking, traumatizing, or heart-breaking incident
- Experiencing emotional numbness or feeling disconnected
- Need to connect with self and calm the system
- Need for self-soothing
- Common experiences: Calms and centers the nervous system
- Brings the focus back to the body, and to the Here and Now Feeling more balanced, relaxed, and better able to focus

Steps:

1. Cross the arms, putting the hands on the opposite shoulders.
2. Gently draw both hands from shoulders down to the elbows, slowly and repeatedly.
3. At the same time, hum a tune without words.
4. Rub palms together.
5. Repeat until calm.

Follow along with the video: <https://www.youtube.com/watch?v=Yb5Frequk0o&feature=youtu.be>



## How Meditation Found Me

I happened upon meditation by accident. In 2007, I was working at a property management company where my friend and colleague, Jeannette, was going on a 10-day silent meditation retreat in a small town in Ontario. I did not make fun of her upcoming adventure when she told me, but I was worried for her safety. I had thoughts of cult leaders dancing in my head. When she came back, as best as she could convey, she shared the deep clarity she embarked on. I could feel the calm emanating from her. It sounds like a dream or a hoax, but it was not.

In the Spring of 2008 Jeannette invited me to join her on another 10-day silent retreat happening that summer. Our friendship had grown deeper, I trusted her experience, so I agreed to go, though I had no idea what I was getting myself into. For my first retreat, I had no information on what to expect, I merely followed the seemingly vague instructions on how to meditate and when to mediate. It was terrifying but magical. I say this because I embarked on a practice that yielded truths within myself that I could not ignore. Though in seeing these truths I started on path of navigating my inner self and confronting my true nature.

At hard times during the retreat I cursed Jeannette for bringing me there, I remember sitting at the edge of the course boundaries just watching my car, planning an escape. I am extremely glad that I stayed, by the end I realized that my life had been changed for the better forever. No longer was I relegated to live in the fantasy of life, instead I was able to understand and appreciate the awesome and expansive beauty of reality.

Over the years, I continued to practice and struggle to practice. I would go to retreats and skip retreats. Though I always knew that my happiness lies in this practice, so I continued to work to return to it.

By 2016 I had just moved to Windsor, Ontario. That was when I developed a real cadence and consistency in my practice. That also led to attending more silent retreats in Ann Arbor with the Michigan Vipassana Association. When I returned from one particular retreat, I felt the need to find a local group, but I could not find one. And so, I decided to start one.

In December 2018, The Mettā Collective Meditation was born. Through the group, I create and deliver sessions that combine breath work, body scan and compassion techniques to enable mindfulness.

As a black person and as a woman, I have always gravitated towards the struggle of marginalized people. Inherently I am motivated to addressing the difficulties society encounters in accessing wellness supports. So, the group was created to be free.

In January 2020, I received my certification in the Applied Foundations of Mindfulness Meditation through the University of Toronto. I have continued my education to specialize in

Mindfulness and End-of-Life Care as well as Mindfulness and Therapeutic Practice also through U of T. My background in non-profit and mental wellness lead me to want to further the connection between social justice, therapy, and mindfulness so I am also working to attain my Social Service Worker designation through Durham College.

All this while maintaining my career as a Learning Consultant in the financial industry. Primarily developing learning solutions to resolve challenging and complex issues within corporations. I am thankful for this aspect of my career as learning expertise comes in very handy in facilitating mindfulness.



*(Continued on page 9)*



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The Mettā Collective is currently working towards obtaining non-profit status. This is so we can officially expand the mandate to providing wellness support that helps improve the lives of others and to procure funding to that end. Our group provides a safe and inclusive space for individuals to meet regularly, deepen their meditation practice and support each other through natural community connections.

The group aims to achieve this by teaching mindfulness and fostering compassion through meditation and wellness activities. Group sittings are held at Arbor Memorial's Marcotte Funeral Home in Tecumseh though are now held via Zoom due to the COVID pandemic.

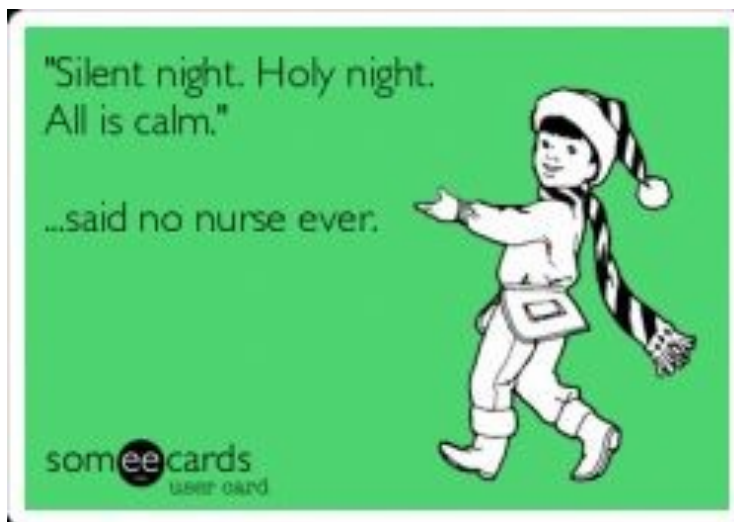
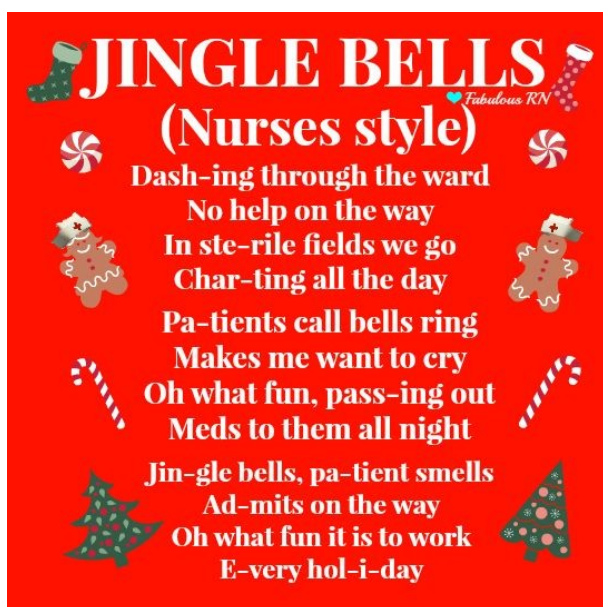
Recently becoming a member of the C.A.R.E. for Migrant Workers committee based in Leamington, Ontario, I also regularly visit farms to provide mindfulness sessions and wellness support to temporary foreign workers. All the meditation sessions and community work are designed to create bonds between us, foster self-compassion and build a strong community among our members and beyond.

To maintain the validity of the work I do I continue my experiential education of mindfulness through my personal practice in the Vipassana tradition. With supports from the Ontario Vipassana Association this fall, depending on the circumstances, I hope to run a 10-day silent meditation retreat for myself at home.

At The Mettā Collective, well-being is at the forefront of what we work towards, together as a community. We provide wellness support through meditation to build a healthier and connected Windsor-Essex. This is no easy feat, but through cooperation and community empowerment we can facilitate progress.

I invite you to learn more, get involved, attend a session, share the group, or find out how to lend your support to achieve our common goals. I hope the positive impact of mindfulness continues to spread and we can help each other learn how compassion brings about growth within ourselves and in our environment.

Sabrina Wright, AMNC  
The Mettā Collective  
Founder and Meditation Facilitator



## Student Corner

### Choosing a Nursing Specialty, STAT or Later?

Most Nursing Students leave the decision of choosing a specialty for later. This has an impact with retention and some fresh graduates leaving the job after one to two weeks because they were overwhelmed and unprepared of the challenges and work environment. To help Nursing Students, let us explore ways on how to decide and focus on one specialty until (and after) graduation.

To decide on what specialty, one wants to take. Personality should be taken into consideration. (Burger, 2020) Are you an introvert or an extrovert? Do you like working independently or with a team? Do you like certain age groups? (Darienzo, 2020) Do you like the adrenaline rush, or do you like routine jobs? Knowing which among these things are suited for you is the first step on knowing what path to take.

Next, do not focus on the salary. Salary can attract you into doing things even if you cannot relate to the job posting. You must consider a lot of things, like location, job description, the risks involved, and if you have limitations.

If you have not decided yet, joining a chapter or special interest group can be a good step to know which area of specialty you are going into. The RNAO has a lot of chapters and interest groups to be a member of. First, you can join a chapter in the area you are living. (For example, Peel Region Chapter) If you would like to be a member of the RNAO go to the website [www.rnao.ca](http://www.rnao.ca). If you already joined, click Regions/Chapters then choose the area you want to be affiliated with. (RNAO, 2020)

With regards to Special Interest Groups, RNAO has several interest groups to join in and you do not need to be practicing in a specialty to join. You can join while you are a student, volunteering, fresh graduate, or non-practicing. It can help in exposing you to the area of specialty in which you want to focus on later.

Here is the list of current special interest groups of RNAO:

Clinical Nurse Specialist Association of Ontario	Ontario Association of Rehabilitation Nurses
Community Health Nurses' Initiatives Group	Ontario Campus Health Nursing Association
Complementary Therapies Nurses' Interest Group	Ontario Correctional Nurses' Interest Group
Diabetes Nursing Interest Group	Ontario Nurses for the Environment Interest Group
Faith Community Nursing Interest Group	Ontario Nursing Informatics Group
Gerontological Nursing Association Ontario	Ontario PeriAnesthesia Nurses Association
Independent Practice Nurses Interest Group	Ontario Woundcare Interest Group
International Nursing Interest Group	Palliative Care Nurses Interest Group
Maternal Child Nurses' Interest Group	Pediatric Nurses Interest Group
Men in Nursing Interest Group	Primary Care Nurses' of Ontario
Mental Health Nursing Interest Group	Provincial Nurse Educator Interest Group
Nurse Practitioner Interest Group	Rainbow Nursing Interest Group
Nursing Leadership Network of Ontario	Retired Nurses' Interest Group
Nursing Research Interest Group	RN First Assistant Interest Group
Nursing Students of Ontario	Staff Nurses Interest Group
Occupational Health Nurses Interest Group	

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# Mindfulness of Cortisol

by Jay Michaelson From *Ten Percent Weekly* Issue 171

Cortisol is your best friend and worst enemy.

It's probably saved your life, if you've ever had to make quick decisions in danger. It's your "fight or flight" hormone, secreted by your adrenal gland (just above your kidneys) when the brain tells it that peril is near.

You know the effects. Your heartbeat increases. Your body tenses up, ready to pounce or flee. And your mind goes a mile a minute, optimized to process as much information as possible to save you from...

Oh.

To save you from that tweet. Or that email. Or that comment on Facebook.

That's the trouble with cortisol. Evolved to save us from sabre-tooth tigers, now the body releases it whenever there's a provocation, creating stress and anger in the short term; anxiety, depression, and heart disease over the long term.

And 2020 has really been the year of cortisol, hasn't it.

Fortunately, 2,500 years after the invention of mindfulness, I hereby introduce a new form of it called Mindfulness of Cortisol. Here's how it works.

## 1. Seeing Cortisol as Cortisol

First, suppose you're laying in bed, having listened to one of Ten Percent's lovely sleep meditations, and drifting off into dreamland. Then, you think of something that politician said.

Suddenly – pow! You are wide awake. (One of the things cortisol does is help jolt you awake in the morning.) Perhaps you are now thinking many thoughts: about the politician, about how afraid you are, maybe about how lousy you are at meditating because you couldn't fall asleep.

When this happens to me lately, here's what I do. I say, to myself, "Cortisol."

That's it. I don't take the bait. I don't believe the thought. I just notice that I am experiencing the

effects of cortisol, and that they are not helpful right now, so how about I let the thought go.

By simply labeling the experience as "cortisol," I avoid judging myself for having it, or justifying it, or feeding it. I just see it for what it is, and let go.

Because, of course, it's not that thinking about politics is bad – it's actually quite important. And to paraphrase a famous t-shirt, if you're not stressed out, you're not paying attention.

But maybe not in bed.

In fact, the less energy I waste on pointless rumination, the more I have for doing things that might actually make an impact.

## 2. Cortisol is not "Me"

Second, labeling stressful experiences as "cortisol" reinforces the message that this is simply something happening to the mind-body system. It's cause and effect. I think a particular thought, the adrenal gland releases cortisol, and now the body is feeling the effects of stress, anxiety, fear, or anger.

This is the core Buddhist insight of "non-self" – that things we take to be I, me, or mine, are really just cause-and-effect phenomena, rolling on as they do. The conditions are present for anger – anger arises.

After all, what is cortisol, really? On one level, it's just C<sub>21</sub>H<sub>30</sub>O<sub>5</sub>. It's a chemical. For all the drama, it's a drug.

Now, that's not to denigrate the pain you might be feeling these days, or the urgency of voting, getting everyone you know to vote, and donating a lot of money to help even more people vote despite efforts some are making to stop them. All of that is true too.

But seeing the "emptiness of cortisol," as I like to call it, provides a helpful, healing reminder about what is happening, and how I can relate to it with some compassion and self-care.

(Continued on page 12)

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### 3. Some Compassion for the Pathos and Tragedy of Human Existence

Which leads to my final practice of Mindfulness of Cortisol, which is about compassion.

Cortisol is often profoundly painful and deeply destructive. Yes, some people thrive on it, and sometimes, I'm one of those people. But a lot of the time, cortisol is a big pile of suffering. It hurts to be flooded by it, and nearly every human being on the planet has had that experience.

That has several consequences for how I think and act.

When I see someone – even that politician and his ardent followers – manifesting signs of cortisol overdose, I can demystify it, seeing it with both wisdom (just a chemical, cause-and-effect phenomenon) and compassion (this is suffering, and causing even more suffering in other people). I can relate to the tragedy and the pathos of it all. It's part of the human condition, and I've been there.

On the other hand, when I see myself about to act under the influence of cortisol, I can be Mindful of Cortisol and Just. Not. Do. It. Not reply to the hater, not comment on the thread, not send the vituperative email.

And in so doing, not continue to perpetuate our society's insane glorification of cortisol-intoxication and toxic masculinity as signs of strength or moral rectitude. It isn't, dude. You're just high on cortisol.

And again, often the dude is me.

Once again, this is not to say that rage is never justified or that anger is somehow bad. On the contrary, the experience of cortisol is to be accepted with compassion and seen clearly for what it is. As we saw in the uprisings this past summer, sometimes it is entirely appropriate, wise, and skillful, to speak and act from these emotions. To hand them the mic, so to speak.

But with Mindfulness of Cortisol, I can reassert some agency over when that happens. I don't have to be a marionette controlled by a hormonal puppeteer. I can listen to the better angels of my nature – by which I mean, the parts of the pre-frontal cortex that aren't under cortisol's influence

and which might help us all get along a little better.

That seems like a good idea right now.

Dr. Jay Michaelson is the editor of wisdom content for Ten Percent Happier. He's been teaching meditation for fifteen years in secular, Buddhist, and Jewish communities. Jay's eight books include *The Gate of Tears: Sadness and the Spiritual Path* and the brand new *Enlightenment by Trial and Error*.



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Ten Percent Happier is currently offering 6 months of free subscription access to the app for anyone in the healthcare industry as our way to support everything you're doing during the pandemic. People can go to [tenpercent.com/care](https://tenpercent.com/care) to get their subscription. No credit card is required and there's nothing to cancel or follow up on.



## Research

This is a great summary of what the medical community knows, especially those with more integrative/progressive approaches to health.

### **Evidence Supporting a Phased Immuno-physiological Approach to COVID-19 From Prevention Through Recovery**

Yanuck,SF., Pizzorno,J., Messier,H., Fitzgerald,KN. *Integrative Medicine* • 2020; 19(Suppl 1):8-35.

#### **ABSTRACT**

This paper presents an evidence-based strategy for improving clinical outcomes in COVID-19. Recommendations are based on the phases of the disease, because optimal interventions for one phase may not be appropriate for a different phase. The four phases addressed are: Prevention, Infection, Inflammation and Recovery.

Underlying this phased approach is recognition of emerging evidence for two different components of pathophysiology, early infection and late stage severe complications. These two aspects of the disease suggest two different patterns of clinical emphasis that seem on the surface to be not entirely concordant. We describe the application of therapeutic strategies and appropriate tactics that address four main stages of disease progression for COVID-19. Emerging evidence in COVID-19 suggests that the SARS-CoV-2 virus may both evade the innate immune response and kill macrophages. Delayed innate immune response and a depleted population of macrophages can theoretically result in a blunted antigen presentation, delaying and diminishing activation of the adaptive immune response. Thus, one clinical strategy involves supporting patient innate and adaptive immune responses early in the time course of illness, with the goal of improving the timeliness, readiness, and robustness of both the innate and adaptive immune responses. At the other end of the disease pathology spectrum, risk of fatality in COVID-19 is driven by excessive and persistent upregulation of inflammatory mechanisms associated with cytokine storm. Thus, the second clinical strategy is to prevent or mitigate excessive inflammatory response to prevent the cytokine storm associated with high mortality risk. Clinical support for immune system

pathogen clearance mechanisms involves obligate activation of immune response components that are inherently inflammatory. This puts the goals of the first clinical strategy (immune activation) potentially at odds with the goals of the second strategy (mitigation of proinflammatory effects). This creates a need for discernment about the time course of the illness and with that, understanding of which components of an overall strategy to apply at each phase of the time course of the illness. We review evidence from early observational studies and the existing literature on both outcomes and mechanisms of disease, to inform a phased approach to support the patient at risk for infection, with infection, with escalating inflammation during infection, and at risk of negative sequelae as they move into recovery.

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<https://athmjournal.com/covid19/wp-content/uploads/sites/4/2020/05/imcj-19-08.pdf>

### **Povidone-Iodine Demonstrates Rapid In Vitro Virucidal Activity Against SARS-CoV-2, The Virus Causing COVID-19 Disease.**

Anderson, D.E., Sivalingam, V., Kang, A.E.Z. et al. *Infect Dis Ther* **9**, 669–675 (2020). <https://doi.org/10.1007/s40121-020-00316-3>

#### **Introduction**

As of 22 June 2020, Severe Acute Respiratory Syndrome (SARS)-coronavirus (CoV)-2 has infected more than 8.95 million people worldwide, causing > 468,000 deaths. The virus is transmitted through respiratory droplets and physical contact from contaminated surfaces to the mucosa. Hand hygiene and oral decontamination among other measures are key to preventing the spread of the virus. We report the in vitro virucidal activity of topical and oral

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povidone-iodine (PVP-I) products against SARS-CoV-2.

### Methods

Suspension assays were used to assess the virucidal activity of PVP-I against SARS-CoV-2. Products were tested at a contact time of 30 s for virucidal activity. Viral titres were calculated using the Spearman–Kärber method and reported as median tissue culture infectious dose (TCID<sub>50</sub>)/mL.

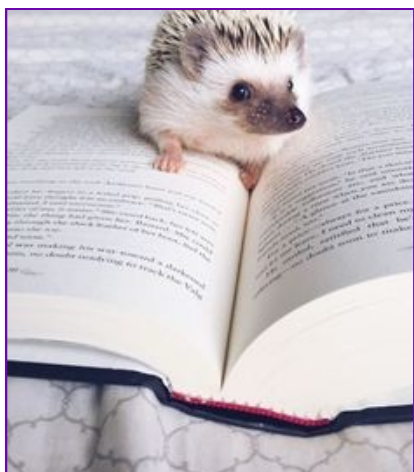
### Results

All four products [antiseptic solution (PVP-I 10%), skin cleanser (PVP-I 7.5%), gargle and mouth wash (PVP-I 1%) and throat spray (PVP-I 0.45%)] achieved  $\geq 99.99\%$  virucidal activity against SARS-CoV-2, corresponding to  $\geq 4 \log_{10}$  reduction of virus titre, within 30 s of contact.

### Conclusion

This study provides evidence of rapid and effective virucidal activity of PVP-I against SARS-CoV-2. PVP-I-based products are widely available for medical and personal use for hand hygiene and oral decontamination, and could be readily integrated into coronavirus disease, COVID-19, infection control measures in hospital and community settings.

To view full article... <https://link.springer.com/article/10.1007/s40121-020-00316-3#citeas>



## Kale Chips Recipe

Crave potato chips...satisfy the craving with a healthier alternative

### Ingredients

1 bunch kale, leaves removed from thick stems and chopped  
1 table-spoon lemon juice  
2 table-spoons coconut oil (or if prefer can use olive oil)  
¼ teaspoon sea salt



### Instructions

1. Preheat oven to 350 degrees F.
2. Chop washed and thoroughly dried kale into ½-inch pieces.
3. Place all ingredients in a large bowl and massage the oil, lemon juice and sea salt into the kale using your hands.
4. Place on parchment-lined baking sheets and bake for approximately 12 minutes till edges are brown but not burnt.

### Nutrition

**Serving Size:** 1 medium bowl

**Calories:** 150

**Sugar:** 0g

**Sodium:** 265mg

**Fat:** 14g

**Saturated Fat:** 12g

**Carbohy-**

**drates:** 3.6g

**Fiber:** 2.4g

**Protein:** 2.4g

**Cholesterol:** 0mg

Find it online: <https://draxe.com/recipes/kale-chips/>

### On the Lighter Side

#### You Tube



Stave off stress this holiday season with this short, guided meditation from Live Sonima's Just Sit Series, created by holistic health expert Lisa Hedley.

<https://www.youtube.com/watch?v=XFQEv7U-2UU>

#### About a Nursing Student



#### About a Nursing Student



*"My friend here is an experienced nurse, and I'm in nursing school. I was hoping you could put her brain in my head, just until I graduate."*

#### About a Nursing Student



*"Yes, it's a sterile bubble. Since I'm in nursing school, and I work, I can't afford to get sick."*

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