

6 Part Daily 15 Minute Meditation: 1 Hand

Thumb: bring in and feel love and compassion. Spread it throughout your body, home, neighborhood,universe.

Pointer: gratitude. Imagine and feel gratitude. Name 5 things in your personal and work life that you are thankful for.

Middle: identify a wrong that occurred to you. See the person and forgive them. Feel how good you and they feel for you are connected to everyone.

Ring: visualize yourself 3 years from now in the areas of health, relationships, and wealth. Feel how great it is to be fit, healthy, successful at your job, and having enough wealth to do everything you can imagine for your family and charities.

Pinkie: imagine your day tomorrow from waking from a restful sleep feeling energetic and optimistic, ...go through your whole day. Feel how great it is that everything goes so well.

Whole hand: feel God's blessing on you, your family, and your Life.

Live Well, Laugh Often, Love Much: Tips for Living Fully Alive

- Breathe deeply. Focusing on your breath is one of the most powerful things you can do to promote good health and well-being. Combine focused breathing with gentle physical movement to promote even greater healing and longevity.
- Take time to play, have fun, and do the things you love. Even 10 minutes a day of something relaxing is enough to have positive effects on your health.
- Get to know your mind and its powerful ability to help you take good care of yourself and be well.
- Build up the courage to let go of who you think you're supposed to be, embrace who you are, and allow your true self to be seen.
- Spend time with people you love. Loving relationships can be very healing and empowering.
- Share your feelings rather than letting them build up inside. Knowing about hard things with someone else lightens the load.
- Enjoy hearty laughter as often as possible. It has many physical and psychological health benefits.
- Treat yourself with as much love and kindness as you would treat your best friend. You deserve it!

Courtesy of Mind-Body Medicine



Animal-Assisted Therapy

at Cancer Treatment Centers of America



What is Animal-Assisted Therapy?

Animal-Assisted Therapy (AAT), also known as pet therapy, uses trained animals and handlers to achieve specific physical, social, cognitive and emotional goals with patients.

Meet Tori

Tori is a sweet-natured and loving Australian Labradoodle. She is a certified therapy dog and an official member of the Mind-Body Medicine Department at Cancer Treatment Centers of America® (CTCA) at Midwestern Regional Medical Center (Midwestern). Tori is proud of her therapy dog certification.

How does Tori Help in the Hospital?

Tori provides CTCA® patients and their families with comfort, relief and distraction from pain, discomfort and stress. She is also welcomed with open arms by the doctors, nurses and other hospital care team members.

Meet Cynthia Ingram

Cynthia Ingram, BS, RN, HN-BC, COHN-S, Mind-Body Medicine, serves as the Animal Therapy Coordinator for the AAT Program at CTCA at Midwestern. She is also Tori's trainer, handler and Pet Partner.

She holds a Bachelor of Science degree in health arts from the College of St. Francis in Joliet, Illinois and is a registered nurse. Ingram is a member of the American Holistic Nurses Association and the American Association of Occupational Health Nurses.

For more information call: 1-800-333-CTCA or visit: cancercenter.com

© 2015 Rising Tide



at Midwestern Regional Medical Center

Winning the fight against cancer, every day.™



The Power of the Heart for Healing

Using your Heart for Healing

- Practice coherence for yourself
- Teach others to go into coherence
- Join the Heart Coherence Collective®

HeartMath® Quick Coherence® Technique

- Focus on the area of your heart
- Breathe deeply in/out of your heart
- Activate a feeling of love, appreciation or compassion

Illustrated by Ben Lavitt
www.benlavitt.com



Tips from Tori

- Wag your tail when you see your loved ones
- Be a true friend
- Listen deeply, even if you don't understand
- Rejoice in life's small pleasures
- Bring joy with you wherever you go
- Keep learning new tricks
- Don't sweat the small stuff
- Go with the flow
- Turn work into play
- Be in tune with your body
- Show happiness with your whole body
- Don't pass up a walk with a loved one
- Celebrate, celebrate, celebrate!

Adapted From: *Dogs Don't Bite When A Growl Will Do.* (M. Weinstein, L. Barber)



Cancer
Treatment
Centers
of America®

Comprehensive Cancer Care Network

RESOURCES

American Hospital Association: Caring for Our Health Care Heroes During COVID-19:

<https://www.aha.org/system/files/media/file/2020/05/caring-for-health-care-heros-during-covid-19.pdf>

Vital Talk website: <https://www.vitaltalk.org/>

Video examples of difficult COVID-specific conversations: <https://www.vitaltalk.org/topics/covid-videos/>
(#2: *A goals of care talk with a family surrogate – was shown during the webinar*)

Centers for Disease Control and Prevention: Coronavirus Disease 2019 – Coping with Stress:

https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fprepare%2Fmanaging-stress-anxiety.html

US Department of Health and Human Services. Healthcare Emergency Preparedness Gateway. COVID-19 Workforce Resilience/Sustainability Resources:

<https://asprtracie.hhs.gov/technical-resources/120/covid-19-workforce-resilience-sustainability-resources/99>

Everyone Matters inspirational video - GRATITUDE by Louie Schwartzberg: <https://youtu.be/4115qFsdWKO>

Morning I AM Affirmations – variety of videos to choose from:

<https://www.bing.com/videos/search?q=morning%20i%20am%20affirmations%20youtube&qs=AS&form=QBVR&sp=2&pq=morning%20i%20am%20affirmation&sk=MM1&sc=3-24&cvid=D701536B1B6D4C879AED4802F3981407>

6 Part Daily 15 Minute Meditation – 1 Hand:

<https://www.wisconsinnurses.org/wp-content/uploads/2020/11/Resources-Meditation.pdf>

The Power of the Heart for Healing/Tips from Tori bookmark:

<https://www.wisconsinnurses.org/wp-content/uploads/2020/11/Resources-Tips-from-Tori.pdf>