



Nursing Newsletter



Who has Time to be Mindful?

The definition of mindfulness is, “a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations, used as a therapeutic technique”. Kate Hanley, author of “A Year of Daily Calm” shares that there’s no law saying you must be sitting on a cushion in a quiet room to practice mindfulness. Hanley’s tips on cultivating mindfulness in your daily routine:

Brushing your teeth. You can’t go a day without brushing your teeth, making this daily task the perfect opportunity to practice mindfulness. Feel your feet on the floor, the brush in your hand, your arm moving up and down.

Doing the dishes. Savor the feeling of the warm water on your hands, the look of the bubbles, the sounds of the pans clunking on the bottom of the sink. Zen teacher Thich Nhat Hanh calls this exercise “washing the dishes to wash the dishes”--not to get them over with so you can go watch TV.

Driving. Turn off the radio (or turn it to something soothing, like classical), imagine your spine growing tall, find the half-way point between relaxing your hands and gripping the wheel too tightly, and bring your attention back to where you and your car are in space whenever you notice your mind wandering.

The beginning of a school year provides a fresh start. A new beginning. Start the year by identifying stress relieving techniques that you can practice throughout the school year to reduce stress and avoid burnout.

1. Separate your “to do” list between what “must” be done and what “may” be done. Prioritize accordingly.
2. Delegate when possible. Students can be quite helpful.
3. Pack a healthy lunch the night before school and keep it in the fridge for morning.
4. Exercise - even if it is simply taking a walk. Allow yourself to breath and think positive thoughts.
5. Avoid taking work home unless it is absolutely necessary.
6. Plan something special (just for you) at least once a week.
7. Avoid negative people and gossip that can be exhausting.

Snack and be Happy!

If you are a snacker, there are certain snacks that can enhance mood, reduce stress, and help brain function.

Pumpkin Seeds and Bananas - They are excellent sources of tryptophan, an amino acid that helps promote the production of serotonin in your brain that helps to regulate mood.

Berries - Certain flavors in berries have a chemical similarity to valproic acid, which is a prescription mood-stabilizing drug.

Dark Chocolate - Dark chocolate is a good source of antioxidants, but it's also been found to reduce the stress hormone cortisol. Dark chocolate also contains phenylethylamine (PEA), the chemical created by the brain when you experience falling in love.

Walnuts - Walnuts improve brain function with contributing factors that include a high antioxidant content, vitamins and minerals, and that they contain a large amount of alpha-linolenic acid, a plant-based omega-3.

Greek Yogurt - This healthy snack is full of probiotics which assist in improving mood and immune system.

Brazil Nuts - These nuts are high in selenium, which is important for the healthy production of thyroid hormones.

Don't forget about the drinks! Berry infused seltzer, yogurt or banana smoothies, and dark chocolate shakes work great!

For the coffee lovers - according to one study, those who had two to three cups a day had a 15% lower risk of depression than those who did not drink coffee. Those who drank four or more cups had a 20% lower risk.

Health Celebrations in August

National Breastfeeding Month

National Eye Exam Month

National Immunization Awareness Month



Herbal Supplements that Reduce Stress

Chamomile It is often used to relieve stress-induced symptoms such as insomnia and gastrointestinal disorders.

Mint is commonly used to relieve stress and induce calmness. Peppermint oil's relaxation-promoting properties on gastrointestinal (GI) tissue and its analgesic and anesthetic effects have been found in past studies.

Barley tea has proven effective in relaxing the body. Its capability to relieve stress is thought to derive from its contribution of tryptophan, an amino acid necessary for sleep and synthesizing serotonin - a neurotransmitter essential in the regulation of sleep and mood.

Passionflower is marketed for its ability to treat sleep disorders, nervous tension, and anxiety.

Valerian root is sometimes used for treating anxiety and insomnia.