



# AIAM HOLISTIC PULSE

February/March 2022

## WINTER QUARTER CALENDAR

Quarter Begins.....Jan. 10<sup>th</sup>

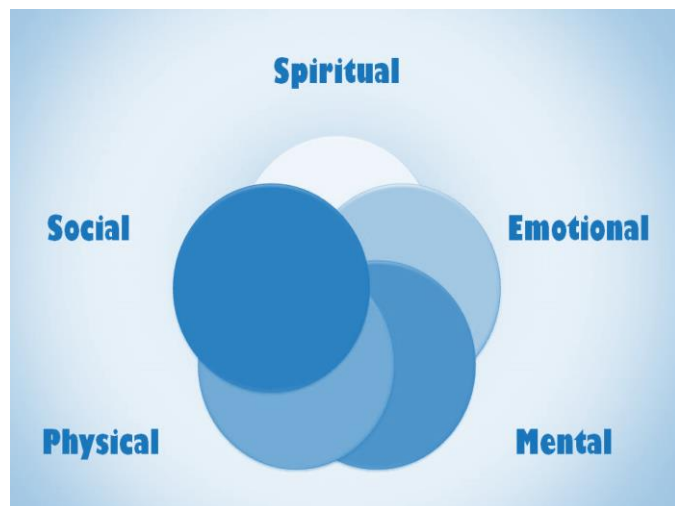
Add/Drop Deadline.....Jan. 14<sup>th</sup>

Quarter Ends.....Apr. 2<sup>nd</sup>



## HOLISTIC HEALTH

How often have you heard the term ‘holistic health’? What comes to mind when you hear that term? Most people think of treating patients or clients with a mind-body-spirit outlook, and that’s a good start. But did you know that there are considered to be up to *eight* aspects of holistic health, not just three? We’re just going to talk about the five most common in this article – mental (mind), physical (body), spiritual (spirit), emotional, and social. For those curious, the additional 3 aspects are considered to be nutritional, financial, and environmental.



## Physical

The physical body aspect is the one most often thought of when we consider our health. It’s the one that we notice the most when something goes wrong. Symptoms in the physical are easier to recognize when things go out of balance, while the other areas are more abstract.

Some things we can do to keep our physical in balance are pretty simple: drink water, get plenty of rest, eat healthy, and maintain regular activity like walking, yoga, or other forms of exercise (around 30 minutes per day, ideally). That’s obviously easier said than done as life often gets in the way of our caring for our bodies. The main thing is to do your best and make an effort. Some days your effort will be amazing, off the charts. Other days, your effort will be less than spectacular and that’s okay. Which brings us to the next aspect: Mental.

## Mental

Some days are good days – we feel good, we accomplish all we set out to do, and everything just seems to be flowing perfectly. Other days are not so good – we wake up late, coffee machine breaks down, and hit every red light when we're already running late. This can kick off a domino effect. The mental aspect overlaps with physical and emotional. Physical issues can bring us mental issues. Our daily mood and reactions also affect our mental health. When physical and emotional stay in a funk, our cognitive often gets dragged down too. If we don't take care of it quickly enough, we can end up spiraling downward. The good news is that there are some easy things to do to improve your mental health! One of the things is something you are doing right now: learning new things. How awesome is that? You're getting an education and helping your mental health! Learning new things, whether in an educational setting or just learning something that is of interest to you, helps keep cognitive function active and challenges your brain. In addition, consuming nutrient dense foods high in antioxidants and omega-3 fatty acids support cognitive function. Avoid excessive drinking, smoking, or consuming recreational drugs. Find activities that stimulate your brain and that you enjoy – walking, reading, singing, painting. Do it for fun, not for gaining great skill. Find the joy in activities to help lift you up.

## Spiritual

Spiritual does not mean that you need to find a religion or change your religion. Spiritual health is about finding what helps you to connect to your inner soul and the world around you. For some that is in a religion with rituals. For others that can simply mean walking in nature. What activities help you to find that inner peace will be deeply personal.

## Emotional

Our emotional health is our day-to-day emotions. Supporting our daily emotional health has great impact on our physical and mental. Some things to do to support your daily emotional health are to keep a journal to record your thoughts and feelings. This is a great way to get out frustrations, but after you vent, make sure to add in at least three things you are grateful for each day. When writing your gratitude's, try to find three different things a day for at least a few weeks. End your journaling on a positive so that you don't stay lingering in frustration.

A free thing you can do daily is to practice mindfulness. You may have heard this thrown around, but what does it mean? Practicing mindfulness is to be in the present moment at all moments. Do not worry about the past or worry about the future. Easier said than done, right? It is a practice, so don't worry if you keep getting distracted. The main thing is to catch yourself and bring yourself back into the present. For example, when brushing your teeth, focus only on that task. Don't think about what you're going to do next or what all you have to do that day. Think only about the act of brushing your teeth, the feel of the bristles, the flavor of the toothpaste, the motions you go through to brush each tooth and your gums.

If you have the means, you may choose to seek out therapy. You don't have to have suffered a great trauma to go to a therapist. They can be a great resource for just trying to sort out thoughts and feelings.

## Social

Social health appears in a variety of ways – family, friends, and community. With those connections though, you do need to set boundaries so you don't stretch yourself thin. Cut out the relationships that no longer feel good or bring you joy. It's not always easy to do that, but reduce the stressful relationships as much as possible. Get involved in community things that you feel good about – volunteer at animal shelters, volunteer with your religious community, or get a group of friends together and spend an afternoon cleaning the neighborhood.

## MESSAGE FROM THE DEAN

### Holistic Healthcare

While it is a common perception that “holistic healthcare” means the use of specific methods which may be outside of conventional Western Medicine, the treatments and health practices utilized are not what makes something “holistic”. Holistic healthcare is more clearly understood as the *approach* of addressing the healthcare and wellness of the whole person rather than solely focusing on treating symptoms and conditions.

In the AIAM Conceptual Framework for our nursing programs, which is founded in nursing theories, this involves four domains that interact with the nurse and the environment:

- **Spiritual Domain** gives life meaning and purpose and therefore power. Spirituality is not synonymous with Religion but a manifestation of homeodynamic principals including:
  1. Integrity: interconnectedness of individuals and/or communities that provide a process for change
  2. Helicy: nature of change, and resonancy—how change takes place (valuing and relating patterns).
- **Biological Domain** the physical or bodily functions of life including patterns of human functioning (fluid/gas exchange, movement, communicating and knowing patterns).
- **Psychological Domain** includes the mental and emotional components of life and change (perceiving, choosing, feeling, relating patterns).
- **Sociocultural Domain** includes aspects of the human, environmental and cultural domains that have direct or indirect effects on health (healing) and/or change within an individual. (AIAM School Catalog, WI22 p. 45)

These domains represent what is often referred to as mind/body/spirit, additionally including the recognition that environmental and cultural domains we exist within also impact our state of health.

A holistic approach will go beyond medical solutions to treat symptoms and seek underlying causes of disease or symptoms. This is where multiple therapies may be involved, which may still include prescription medication or surgery for the biological domain, while stretching into areas of the other domains using a wide range of conventional, integrative, and alternative therapies.



The holistic approach to healthcare involves considering the whole person for more personalized care and treatments. Integrative medicine is the merging of conventional science and modern treatments with a variety of holistic treatments which may include acupuncture, aromatherapy, Chiropractic care, Massage Therapy, nutrition counseling, mental health counseling, osteopathy, reflexology, yoga, and many others.

At AIAM, we believe in the holistic approach to wellness to deliver more personalized treatment and to empower clients and patients to help take control in their health and wellbeing. This philosophy underlays all our education programs. By recognizing the wholeness in each other, we come to recognize our interconnectedness as a community and to be an agent of the process of change in healthcare.

## DEAN'S LIST FROM FALL 2021

To make the Dean's List one must achieve a 3.7 or higher GPA for the quarter.  
Congratulations to everyone on all their hard work!



### FA21 DEAN'S LIST (3.7 OR HIGHER TERM GPA)

|          |                       |
|----------|-----------------------|
| Michele  | Abang                 |
| Delphine | Abongnwen Epse Buwake |
| Eunice   | Acheampong            |
| Rose     | Acquah                |
| Ayub     | Aden                  |
| Tejumade | Adeyeye               |
| Yaovi    | Adjakpo               |
| Koffi    | Adjessode             |
| Felicia  | Asiedu                |
| Synthia  | Atsolekeu             |
| Mohamed  | Bah                   |
| Rita     | Boateng               |
| Fatu     | Bolay                 |
| Alyse    | Byrd                  |
| Ibrahim  | Carew                 |
| Prisco   | Chapajong             |
| Rachael  | Clary                 |
| Mabel    | Collins               |
| Akayla   | Conner                |
| Ebrima   | Conteh                |
| Kimberly | Craig                 |
| Birdie   | Diggs                 |
| Aicha    | Dondasse              |
| Adama    | Dozon                 |
| Aimee    | Eklou                 |
| Briand   | Ekola                 |
| Tecla    | Eriyo                 |
| Tina     | Eyong                 |
| Khadan   | Goth                  |
| Abra     | Greenberg             |
| Claudius | Harding               |
| Yasmine  | Harmon                |

|            |                |
|------------|----------------|
| Henry      | Herrera        |
| Savanna    | Hostetler      |
| Deirdre    | Huang          |
| Reginald   | Ibe            |
| Isata      | Jah            |
| Hassana    | Jalloh         |
| Dorance    | Jenkins        |
| Leslie     | Johanson       |
| Veronica   | Johnson        |
| Vivian     | Kalango        |
| Elbetel    | Kebede         |
| Haja       | Koroma         |
| Madinatu   | Koroma         |
| Tutue      | Kpoto          |
| Shiloh     | Lahai          |
| Mavis      | Larbi          |
| Kara       | Lee-Li         |
| Grace      | Lissa          |
| Rebecca    | Manga          |
| Tendai     | Mareya         |
| Kaprise    | Mason          |
| Justine    | Mbando         |
| Britney    | Miller         |
| Dialle     | Motale Pauline |
| Patience   | Muankang       |
| Eric       | Namaky         |
| Daniel     | Netry          |
| Shanceline | Ngbanji Njoh   |
| Erika      | Niewald        |
| Jonathan   | Nimneh-Dixon   |
| Roseline   | Nkembi         |
| Nkechi     | Nwankwo        |
| Martha     | Odrumsky       |

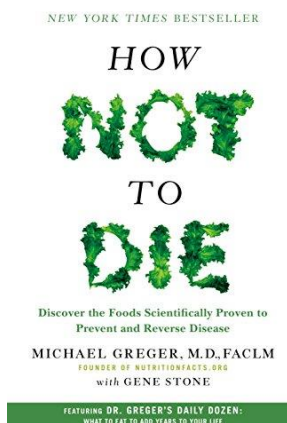
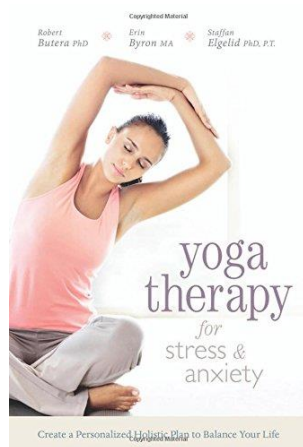
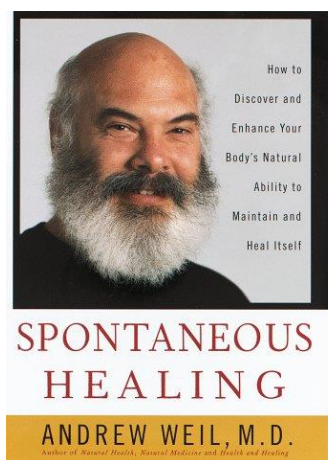
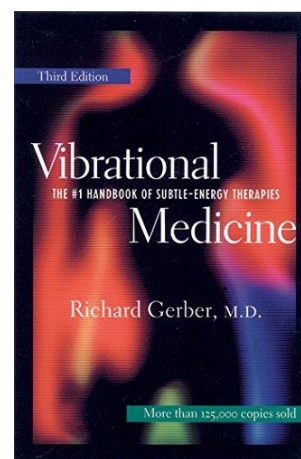
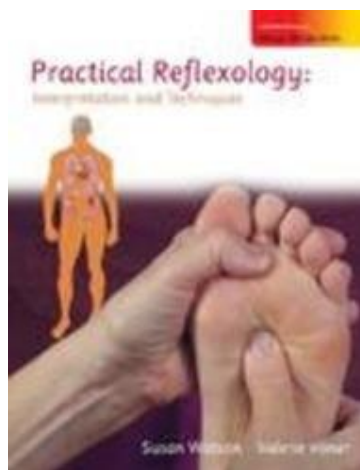
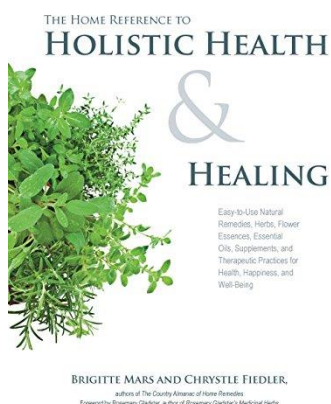
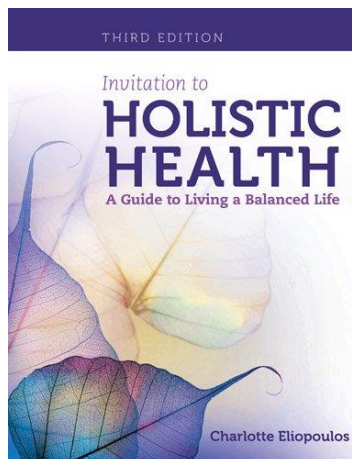
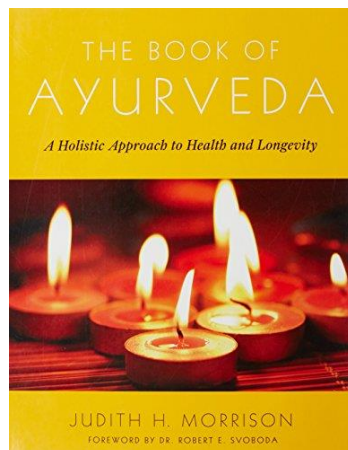
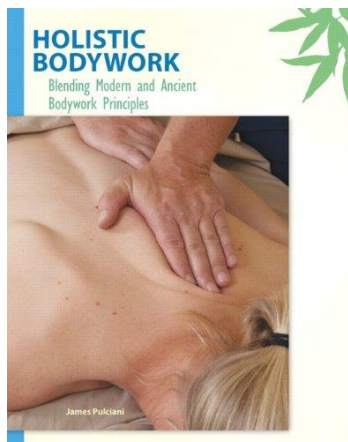
|             |              |
|-------------|--------------|
| Isaac       | Ofosu        |
| Caroline    | Olusola      |
| Comfort     | Opoku Konadu |
| Agartha     | Opoku Mensah |
| Linda       | Owusuaa      |
| Monya       | Robbins      |
| Hawanatu    | Sankoh       |
| Allison     | Sargent      |
| Tity        | Sesay        |
| Mychael     | Smith        |
| Christopher | Stevens      |
| Michelle    | Stobart      |
| Mareme      | Sy           |
| Precious    | Taku         |
| Adama       | Tarawallie   |
| Gladys      | Thomas       |
| Belinda     | Torto        |
| Ebere       | Udeani       |
| Christina   | Valente      |
| Maseray     | Vandi        |
| Ashley      | Vicen        |
| Elizabeth   | Wallace      |
| Ayane       | Warsama      |
| Alexander   | Yimbilnyan   |







## Library Spotlight: Holistic Topics



Have questions or need library help? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

# AIAM IMPORTANT DATES AND OTHER INFO

## \*\*\* AIAM IMPORTANT REMINDERS \*\*\*

- Masks are required for everyone on campus until further notice.
- Check your AIAM email regularly for important communications from faculty and administration.
- When coming on campus, DO NOT park in front of any space with a sign. You will be towed.
- Students are responsible for communicating directly with the manufacturer on all warranty-related issues for the laptop computer. If the laptop computer is purchased through AIAM, students are responsible to replace the item(s) at full cost if lost, stolen, or damaged beyond repair or outside of the warranty.



**The Winter 2022 Test-Taking Strategies Schedule is below.  
Just show up, no need to sign-up or email. Make sure you click the zoom for the exact day and time you will attend.**

**--Tuesdays from January 18<sup>th</sup> through March 15<sup>th</sup>, 3:00-4:00pm**

Join Zoom Meeting <https://us02web.zoom.us/j/82859567686?pwd=Z1U1WlNwZ2VEM3dwK3hxcWd0WjB0dz09>

**--Wednesdays from January 19<sup>th</sup> through March 16<sup>th</sup>, 12:00-1:00pm**

Join Zoom Meeting <https://us02web.zoom.us/j/84032632207?pwd=RzlvV016bHM1ckRtWFFla093cVdrZz09>

**#AIAMSTRONG**