



# AIAM HOLISTIC PULSE

August 2022



## SUMMER QUARTER CALENDAR

Quarter Begins.....July 6<sup>th</sup>

Add/Drop Deadline.....July 10<sup>th</sup>

Labor Day\*.....Sept. 5<sup>th</sup>

Quarter Ends...Sept. 26<sup>th</sup>



\*AIAM closed for holiday

## NATIONAL WELLNESS MONTH

August is National Wellness Month. Wellness takes many forms – self-care, stress management, healthy eating, etc. There’s no time like the present to start your own path to wellness! Despite our interest in health care, we often forget to take care of ourselves. We love to take care of other people and see them happy and health, but we have a tendency to put ourselves on the back burner. We’re going to talk about some ways that you can start taking care of yourself, without feeling guilty or taking too much time.



**“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”**

**~ Dr. Greg Anderson ~**

## SELF-CARE

Self-care gets thrown around often and usually we think of spa days or taking vacations, but we don’t always have the time or the money for those things. Especially while you’re busy with your schoolwork on top of your regular life busy-ness. So let’s talk about some things that are helpful to you as a student and person without much free time at the moment.

1. **Drink more water.** This one sounds easy, but until it becomes your habit, it can actually be a little difficult. We often want the sugary, caffeinated drink to keep us going for the day because it gives that great surge of energy. Until it wears off, then you need another, and another. If you stay hydrated you get more energy in the long run, flush your system, assist in weight loss, and help with brain function. So,

before you grab that energy drink or soda, drink some water first. Even before you eat, drink some water. Often, we mistake food cravings for dehydration. So, drink up!

2. **Bring yourself into the present.** We often stress ourselves out by worrying about the past or the future. We run scenarios through our heads of “I should have done or said x” or “I have 5 exams coming up and I can’t focus on any of them to study, I’m going to fail everything.” Sound familiar? Take a deep breath, in through the nose and exhale through the mouth. Do this a few times, slowly. Don’t hyperventilate. Center and calm yourself, then ask “is there anything I can do about whatever I’m stressing about in this moment?”. Often times, no you can’t. The past has already happened and unless you know how to time travel, it’s done. The future has yet to happen, but if you’re stressing while you’re trying to get some sleep, for example, it’s going to be more destructive than helpful to worry about it. So stop, breathe, and enjoy the moment you’re in where you do have control.
3. **Organize your priorities.** Going off what was mentioned in the last tip, make a list of what your priorities are. That can help you stop worrying about the future and allow you to focus on what you need to focus on in the moment. You can create a daily or weekly list to help you figure out the best way to schedule your time. When something unexpected comes up, breathe deep, and reorganize priorities as needed.
4. **Make healthy food choices.** Sometimes this is easier said than done. Usually there are vending machines around with not-so-great choices and you’re in a hurry. Carry healthy snacks with you if you’re able – nuts, carrots, celery, piece of fruit, etc. This takes practice because when we are in a hurry, we are often craving those sugary or high fat snacks to keep our momentum going. However, just like with the drinking water, the more you make healthy choices with snacks, the better your energy will be in the long run instead of having those highs and crashes.

For some more ideas, check out [The Kim Foundation](#).

## MENTAL HEALTH

I want to take a quick mention of the nation’s new 9-8-8 phone number. This number launched on July 15<sup>th</sup> this year and it is a Suicide and Crisis Lifeline. If you or someone you know is struggling or in crisis, know that help is available. You can call or text 988 or chat at [988lifeline.org](https://988lifeline.org).

For more information, please check out the [Substance Abuse and Mental Health Services Administration](#) website.

NPR has a great article on the new number and its purpose. Check it out [here](#).

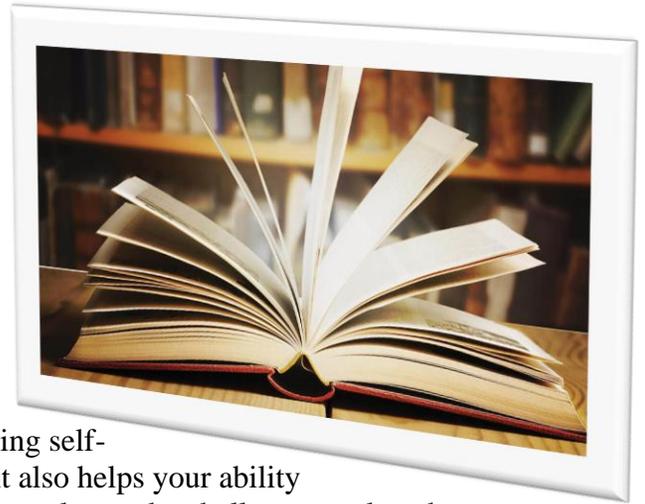
Mental health is incredibly important to wellness, so please take care of yours. Help is available.



## MESSAGE FROM THE DEAN

### Self-Care and Your Education

Self-care examples include getting plenty of sleep, choosing healthy foods, practicing stress management, spending time in nature, and expressing gratitude. Self-care contributes significantly to our well-being, improving our physical and mental health.



As a student, it can be challenging to make time for self-care. Yet as a student in a healthcare career program, developing self-care routines now not only enhances your own wellness, but it also helps your ability to educate your future clients. When we have walked our talk, we know the challenges and we have an expanded sense of how to help those facing similar challenges in their own lives. In this sense, self-care as a student is also a type of learning preparation for your future profession in the healthcare and wellness fields.

One self-care tip I'd like to share is the importance of study skills. We don't often consider how we study can not only affect our ability to learn (and pass tests), but it also affects our health. Too often students try to cram studying into long and late-night sessions, eating junk food, drinking caffeine to stay alert. This is not good self-care, and it also is not good study methods.

We perform the best when our brains are alert from good nutrition and rest, and our bodies feel flexible from movement rather than stiff and painful from prolonged sitting.

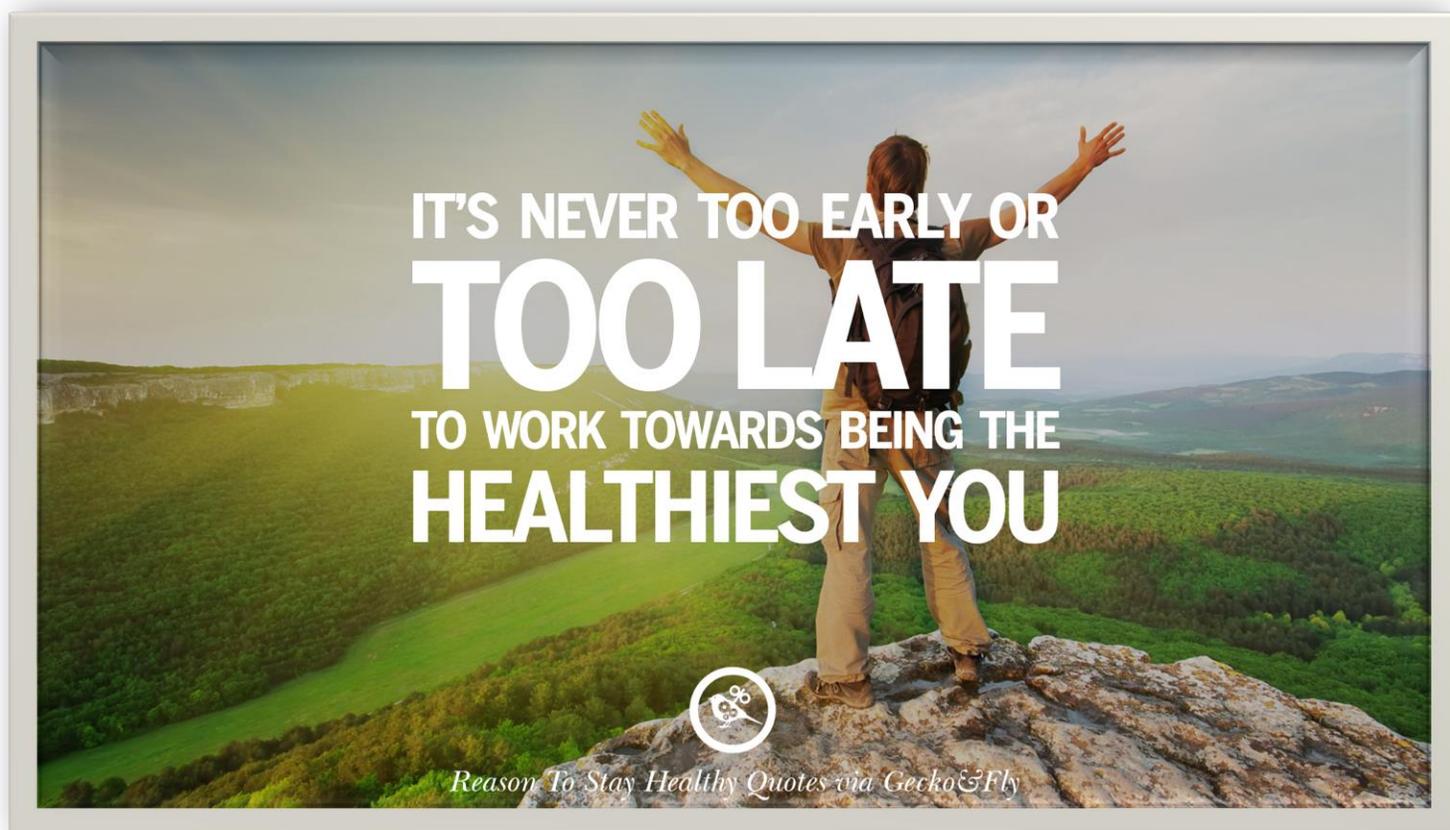
I can't say I never crammed for a test in college. I can say I learned that it was better to develop a study routine instead. I was an adult learner with children, working in various jobs, and I understand the challenges of finding time and trying to balance all that I had to do. Here is my list of tips from my own experience:

- 1) Study every day. I didn't feel like I had time, but I realized I had to make time. I had my children on a routine bedtime as I knew this was also good for them. I then would spend two hours studying each weekday after they were in bed. The weekends, if I wasn't working, I would increase that to 4 – 6 hours each weekend day.
- 2) Sleep when possible. Depending on the time in my life, I sometimes would be able to catch a nap when my children did. In later years, when I had gone back to college after stopping for some period of years due to life situations, I just did my best to get at least 7 hours sleep each night.
- 3) Have a stash of health snacks. If I didn't have these planned ahead and ready to grab, it was too easy to eat food that was not good for my health in the long run. Some of my favorites were almonds, cashews, hard boiled eggs, celery with peanut butter, apples, and berries. The nuts I would put into baggies or small containers so I didn't overdo in one sitting!
- 4) Take a walk. Ride a bike. I used to do both of these, depending on where I was living at the time. On my bike, I just rode round and round the block until I had ridden for a set amount of time; I didn't really "go" anywhere. In one area I lived later on when I had returned to college, it was conducive for a nice walk on city streets to an beautiful tree and foliage lined street that was really like a ravine, and I would walk there. The walking and biking allows for both the "getting into nature" and the exercise at the same time. Nowadays, I have a recumbent bike, and also an under-desk elliptical trainer that helps, and I put

on a nature YouTube. Not quite as nice as the nature walk, but it still helps my body and mind feel better!

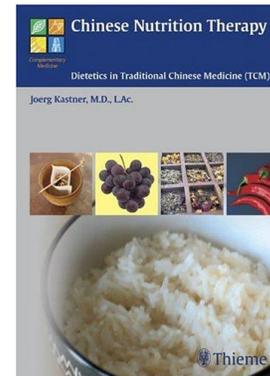
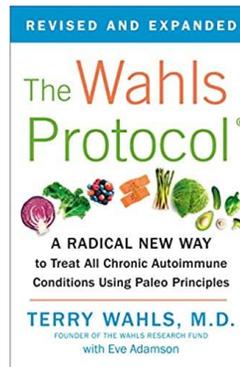
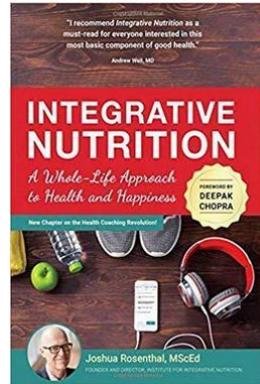
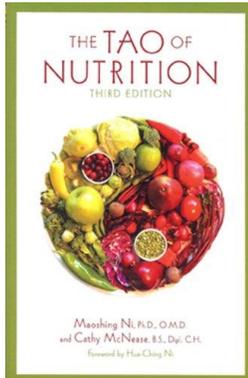
- 5) Practice gratitude. It is too easy to fall into habits of negativity in our own minds and hearing it from others only reinforces the negativity. I like to remind myself of all the good things in my life each day. I also think about times I was excited about something, and often that may be something that I am currently irritated about, or bored with, or tired of in some way. Like when I was a student, it could be overwhelming at times. Then I would remind myself how excited I was to start school. And, how excited I will feel when I graduate. After that, how excited at getting the job in the career I wanted to be in after all that hard work. Even dream jobs can weigh you down, as all things have parts to deal with that are not always fun. We can train our brains to focus on what is good instead of what is not the way we think it “should” be. I have learned that “should” is not a useful word for me.

I hope each of you have ways you take care of yourself and/or develop some new ways. As the healthcare workers of tomorrow, it is essential you take care of yourself today.





## Library Spotlight: Healthy Eating



You can request a library book by clicking “Place a hold” under the book in Populi’s library tab, just search by keywords. You will be notified when the book is available for pickup from the lobby area. Databases, journals, nursing ebooks, and more are available at <https://aiam.populiweb.com/router/library/links/index>

Is there a book you would like to recommend for the AIAM Library? Email recommendations to Melissa Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

Questions about library resources? Email Ms. Fischer at [mfischer@aiam.edu](mailto:mfischer@aiam.edu)

# AIAM IMPORTANT DATES AND OTHER INFO

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

- Masks are no longer required in administrative areas and classrooms; however, they are strongly recommended. Please be respectful of each other. If someone is masked, please ask if they would feel more comfortable with you being masked also.
- In the Clinic, it is up to the client and the clinician if they are masked. Mindbody indicated if a clinician (Massage, Acupuncture, and Reflexology) requires masks or not in their treatment room and all of their clients will be required to wear a mask. If one wants to be masked and wants the other to be masked, they will both be masked. It will be up to the masked person if they are both masked or not.
  - 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.



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.

NO LATE ADMITTANCE, camera on and same rules as in classroom.

**-Tuesdays, 3:00-4:00pm from July 12-September 13:**

<https://us02web.zoom.us/j/83980417742?pwd=WGlsY2IveDQvYUNPcHBKa2VCRk5yQT09>

Meeting ID: 839 8041 7742

Passcode: 906677

**-Wednesdays, 12:00-1:00pm from July 13-September 14:**

<https://us02web.zoom.us/j/87025571163?pwd=a05GVkVZUmFiN1dsdzFpWk1lQ09TUT09>

Meeting ID: 870 2557 1163

Passcode: 285501

#AIAMSTRONG