

AIAM HOLISTIC PULSE



November 2022

FALL QUARTER CALENDAR

Quarter Begins.....Oct. 3rd

Add/Drop Deadline.....Oct. 9th

Faculty Development
Day*....October 25th

Thanksgiving Day** ...Nov. 24th

Christmas** ...Dec. 26th

New Year Eve** ...Dec. 31st

Quarter Ends...Dec. 29th

*AIAM closed to students

**AIAM closed for holiday
observation

NOVEMBER STRESS & GRATITUDE

The first Wednesday of November is National Stress Awareness Day. As students, you are well aware of stress and stressors. We'll discuss more about stress below, including understanding good stress versus bad stress.

November 6th Daylight Savings ends – make sure you check your clocks so you're not late for classes, labs, or clinicals!

Remember that there are no classes on November 24th due to the Thanksgiving holiday. Even if you don't celebrate the holiday, it's a good time to practice gratitude.



“As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them.”

~ John F. Kennedy ~

STRESS

There is good stress, called eustress, and there is bad stress – stress with the element of fear. Eustress can come from things we are looking forward to, like planning vacations. It is stress that motivates us toward something. So even your school stress can be good stress! You are motivated toward graduating and passing your licensure exams. Long term stress can cause issues, so learning to cope with your stress is important to your health.

[National Stress Awareness Day Information](#)

Some resources for coping with stress are available right here on campus – the student clinic! You can get massages or acupuncture, both of which are great for managing stress. Some free things you can do are sing, read, color, or take a walk in nature.

Feeling really stressed? Scream! Maybe scream into a pillow so you don't scare anyone around you but screaming can be cathartic. I don't mean scream at people, but just a non-verbal scream to let out frustration or anger. Though, I must add a disclaimer, please do not scream in the classrooms, particularly during exams.

Exercise can also be a way to deal with stress. Getting the body moving instead of holding it all in. Yoga and breathing exercises can help you cope with stress as well. YouTube has resources to help if you're not sure how to do yoga or which breathing exercises may be the most beneficial. Dance like an idiot around the house. Well, maybe you actually know how to dance without looking a fool but dance no matter what. The movement is good since we spend so much time stagnant.

You can also check out this website for information on preventing stress and promoting wellbeing: [International Stress Management Association](#)

GRATITUDE

There is quite a bit of research coming out about the benefits of practicing gratitude. The message from the Academic Dean, Dr. Hiatt, will go into some additional detail with citations regarding the benefits of gratitude. Having a daily gratitude practice can help you deal with the stressors of being a student. When I was an instructor, I would have my students keep a daily gratitude journal. Every day, find three things to be grateful for, and each day must be different from the previous days. Some days are easier than others to find things to be grateful for. How many times have you had one bad thing happen to you and then it affects your whole day? You replay it over and over again, and you end up spiraling into a foul mood. Even if nothing else goes wrong that day, that is the moment that sticks. Humans seem to often do that. You get one bad grade on a quiz and despite doing well overall, you focus on that bad grade.

What if instead of focusing on that bad thing, you shift your focus? What good things happened today? Nothing? Really, nothing at all? Let's narrow it down: I am grateful that I woke up this morning. I am grateful I am breathing easily today. I am grateful for my eyesight. I am grateful for the hearing I have left. Being grateful doesn't mean nothing bad happens during your day or in your life. It is a practice to shift your mental attitude from the negative to the positive. Some days that positive may be hard to find, but there is always something.

I like to start my day with gratitude and end my day with gratitude. I have noticed a shift in my day when I begin it with gratitude, even on the mornings I don't want to get out of bed. Those are some of the times I have to search for things to be grateful for. I have even noticed I sleep better when the last thing I do is write three things I am grateful for before I go to bed. I like to write my gratitudes down because then, even on very bad days, I can read through them to remind myself of all the good.

So, what are you grateful for today?



MESSAGE FROM THE DEAN

Gratitude: what is it and why show it?

Gratitude is more than just saying thank you. Researchers usually define it as a feeling or state that results from both recognizing a good thing, such as a positive outcome or gift we've received, and recognizing that this good thing came from outside ourselves. We can feel gratitude in response to actions of other people, but also for things such as nature or a higher power or the universe.

"Positive psychology defines gratitude in a way where scientists can measure its effects, and thus argue that gratitude is more than feeling thankful: it is a deeper appreciation for someone (or something) that produces longer lasting positivity." (Miller, 2019).

Research shows that expressing gratitude on a regular basis has a positive impact on individuals, as well as communities. While it does not cancel out our negative emotions or experiences, it can help us in how we handle life's challenges.

Studies show a connection of gratitude to physical wellbeing, as well. One study showed that gratitude is good for your heart (Mills et al., 2015). Gratitude lowers blood pressure, decreases stress, and improves sleep. Other studies have shown that a successful practice in gratitude can lessen symptoms of depression and anxiety.

Adult students have plenty of stress with attending classes, studying, taking tests, working, and often taking care of families. Having a regular gratitude practice can help in dealing with all these challenges.

One simple gratitude exercise is to keep a gratitude journal and write down three things you are grateful for each day. It can be simple things such as a beautiful sunset, getting a close parking space on a rainy day, to seeing your child's smile, your partner's laugh, or your pet's cuddles. Some may choose to write in a physical journal each day, while others may prefer electronic – it makes no difference!

I chose to create a Gratitude Page on my personal Facebook account recently to record gratitude musings each day. Sometimes I must think about it, and that pondering of my day for the positives does re-focus me at the end of the day. I encourage you to find a daily gratitude ritual that works for you.

Gratitude is one more facet of self-care, as well as contributing positivity to the communities we are in and the world at large.

*"Piglet noticed that even though he had a Very Small Heart,
it could hold rather a large amount of Gratitude."*

–A. A. Milne



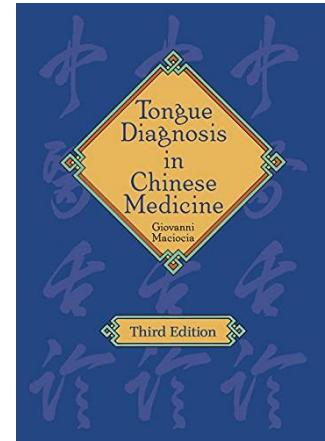
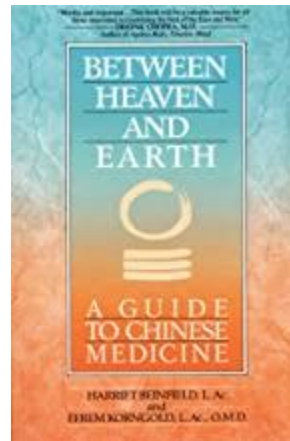
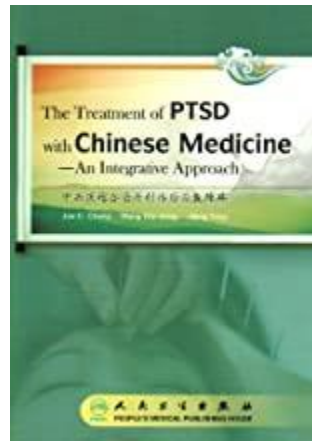
References:

Miller, K. 2019. 7 Gratitude questionnaires and scales that scientists use. <https://positivepsychology.com/measure-gratitude-questionnaires-scales/>

Mills, P. J., Redwine, L., Wilson, K., Pung, M. A., Chinh, K., Greenberg, B. H., ... Chopra, D. (2015). The role of gratitude in spiritual well-being in asymptomatic heart failure patients. *Spirituality in Clinical Practice*, 2(1), 5-17.



Library Spotlight: Acupuncture



The Complete Book of Chinese Health & Healing, by Daniel Reid

The Treatment of PTSD with Chinese Medicine: An Integrative Approach, by Joe Chang, Wang Weidong, & Jiang Yong

Between Heaven and Earth: A Guide to Chinese Medicine, by Harriet Beinfield and Efrem Korngold

Tongue Diagnosis in Chinese Medicine, by Giovanni Maciocia

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

Questions about library resources? Email Ms. Fischer at mfischer@aiam.edu

AIAM IMPORTANT DATES AND OTHER INFO



FALL 2022 TEST-TAKING STRATEGIES SCHEDULE

**Just click to attend, no email or registration necessary.
Must have Zoom setup with first and last name as in Populi for admittance.
No late admittance and classroom rules apply.**

Tuesdays at 3:00pm, October 11-November 29 (no session on Tuesday October 25)
<https://us02web.zoom.us/j/85292022340?pwd=MTBNYUgwRDBPak9LTfo2Q1RDT1ZPZz09>
Meeting ID: 852 9202 2340
Passcode: 632695

Wednesdays at 12:00pm, October 12-November 30
<https://us02web.zoom.us/j/84731616364?pwd=dm5FNvd1OXFpbWpESFJVbzFLK2Rldz09>
Meeting ID: 847 3161 6364
Passcode: 755557

*** 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.

The logo features the text "#AIAMSTRONG" in a bold, sans-serif font. The "#", "A", "I", "M", and "S" are in orange, while "A", "I", and "M" are in dark blue. Above the letter "M" is a stylized graphic of a plant with three leaves and a central stem.