

Holism

Holism - we all have heard the word and have even taken classes dedicated to creating holism or being a holistic nurse. But, are you really practicing holism in yourself? Webster's dictionary describes holism as "the treating of the whole person, taking into account mental and social factors, rather than just the physical symptoms of a disease".

I would go a step further to say that practicing holism is necessary if we want to emerge on the other side of the coronavirus crisis in any form of functionality. Last week we looked at resiliency and being able to bounce back from adversity. This week we challenge you to engage in holistic practices as you manage your way in the coming days. Take time to care for the body, mind and spirit in ways that make you (w)hole so that you can holey care for others. We can't offer ourselves to our family, friends, patients, schoolwork, religious institutions, etc if we have depleted ourselves. So, take 3 minutes to view the attached [infographic](#) on self care or watch the YouTube video on the [9 dimensions of holistic wellness](#).

There is also a freely available resource attached that allows you to measure your own [mindful self care](#) activities. Feel free to examine your own level of self care and determine if you could benefit from a few adjustments to the holistic routines in your life.