Finding Your Light

A Quantum Perspective…

State of the Art Nursing Conference
Omaha NE
March 29, 2018
Objectives

- Discuss concepts of wholeness and interconnectedness from a new science perspective.
- Identify research correlating, gratitude, caring, and heart coherence with health.
- Examine simple practices that can address burnout and promote healing of self, others, and the planet.
Isn't God amazing!
Relativity…\( E=mc^2 \)
Quantum Physics
“When you change the way you look at things, the things you look at change.”  Max Planck
Chaos Theory (Butterfly Effect)

- A butterfly flapping its wings here can alter weather on the other side of the world...
- The flap of its wings is an essential part of the initial conditions resulting in a tornado
- Mathematical equations for this system seemed to give rise to entirely random behavior
- However, when graphed, the output always stayed on a curve, a double spiral.
- Chaos theory is really about finding the underlying order in apparently random data.
Sensitive dependency on initial conditions

Key: Blue squares represent initial states; black circles represent equilibria.
Recap: Relativity, Quantum Mechanics, Chaos:

- Energy and matter are the same things on different sides of the equation.
- Time doesn’t exist in the way we think it does.
- Everything in the universe is intimately connected.
- Things change according to the way we look at them—perception creates reality.
- In spite of apparent randomness and chaos, there is a deep order.
- One tiny act can have a huge effect.
- A small part can look like the whole thing.
Psychoneuromimmunology and Stress

- Stress is a particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her wellbeing.

- Much of our contemporary stress is based in psychological factors around the perception of a threatening event.

- Chronic high levels of cortisol are hurting you and changing your brain.

Clark, 2014
Become the change you wish to see in the world…
Three Primary Factors Influencing the Chronic Happiness Level

- **Set-Point**: 50%
- **Intentional Activity**: 40%
- **Circumstances**: 10%

Lyubomirsky, Sheldon, & Schkade 2005
Gratitude Research

- Gratitude
  - facilitates coping with stress, reduces toxic emotions, improves self-esteem, builds social resources, motivates moral behavior.
  - facilitates goal attainment and promotes physical health.

- Grateful people are spiritually-minded

- To cultivate gratitude:
  - List three good things each day/why you are grateful
  - Journal “what would life be like if xx hadn’t happened.”

HeartMath Research

- The heart generates an electromagnetic field 5000 times stronger than our brains.
- Heart tissue has ganglia with synapses similar to brain tissue, and the heart and brain are in communication with each other.
- When a person’s emotions, mind, body and heart are in alignment, they are in a state of heart coherence.
- This heart energy is not only transmitted to one’s own brain, but is registered in the brain waves of people around you.

McCratey & Childre 2010
Dr. Jean Watson’s Human Caring Theory—10 Caritas Processes:

1. Embrace altruistic values and Practice loving kindness with self and others.
2. Instill faith and hope and honor others.
3. Be sensitive to self and others by nurturing individual beliefs and practices.
4. Develop helping – trusting- caring relationships.
5. Promote and accept positive and negative feelings as you authentically listen to another’s story.
6. Use creative scientific problem-solving methods for caring decision making.
7. Share teaching and learning that addresses the individual needs and comprehension styles.
8. Create a healing environment for the physical and spiritual self which respects human dignity.
9. Assist with basic physical, emotional, and spiritual human needs.
10. Open to mystery and Allow miracles to enter.
Caritas HeartMath Pilot: Jacksonville Baptist ER Dept

<table>
<thead>
<tr>
<th>% of Responses: Often/Always</th>
<th>Pre</th>
<th>Post</th>
</tr>
</thead>
<tbody>
<tr>
<td>Positive Outlook</td>
<td>60%</td>
<td>88%*</td>
</tr>
<tr>
<td>Gratitude</td>
<td>62%</td>
<td>82%*</td>
</tr>
<tr>
<td>Motivation</td>
<td>54%</td>
<td>78%*</td>
</tr>
<tr>
<td>Calmness</td>
<td>31%</td>
<td>52%*</td>
</tr>
<tr>
<td>Fatigue</td>
<td>55%</td>
<td>24%*</td>
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<tr>
<td>Anxiety</td>
<td>30%</td>
<td>14%*</td>
</tr>
<tr>
<td>Resentfulness</td>
<td>16%</td>
<td>4%*</td>
</tr>
<tr>
<td>Anger</td>
<td>17%</td>
<td>6%*</td>
</tr>
<tr>
<td>Stress Symptoms</td>
<td>60%</td>
<td>37%*</td>
</tr>
</tbody>
</table>

Used with permission Dr. Jean Watson Sept 3, 2010  *Statistical Significance
Stress Management and Resiliency Training (SMART)

- Mayo Clinic – look for books by Dr. Amit Sood
- Blended learning included in-person, web-based and personal learning
- Statistically significant decreases in anxiety, stress and burnout
- Statistically significant increases in resilience, happiness and mindfulness

Maggtibby & Chesak, 2017
Positive Practices

- Share moments of awe
- Quick coherence technique
- 4 – 7 – 8 breathing
- “Some positive ways” worksheet


More Books…

- Korb, A. The Upward Spiral: Using neuroscience to reverse the course of depression, one small step at a time. New Harginger Publications, 2015
Research Articles

- Clark, C. Stress, psychoneuroimmunology and self-care: what every nurse needs to know. *Journal of Nursing Care.* 2014, 3:2, 1-7


Additional Research Articles


Nursing involves a sense of presence higher than human; a divine intelligence that creates, sustains, and organizes the universe—and our awareness of an inner connection with this higher reality....

-Florence Nightingale
A human being is a part of the whole called by us “Universe,” a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.

-Albert Einstein