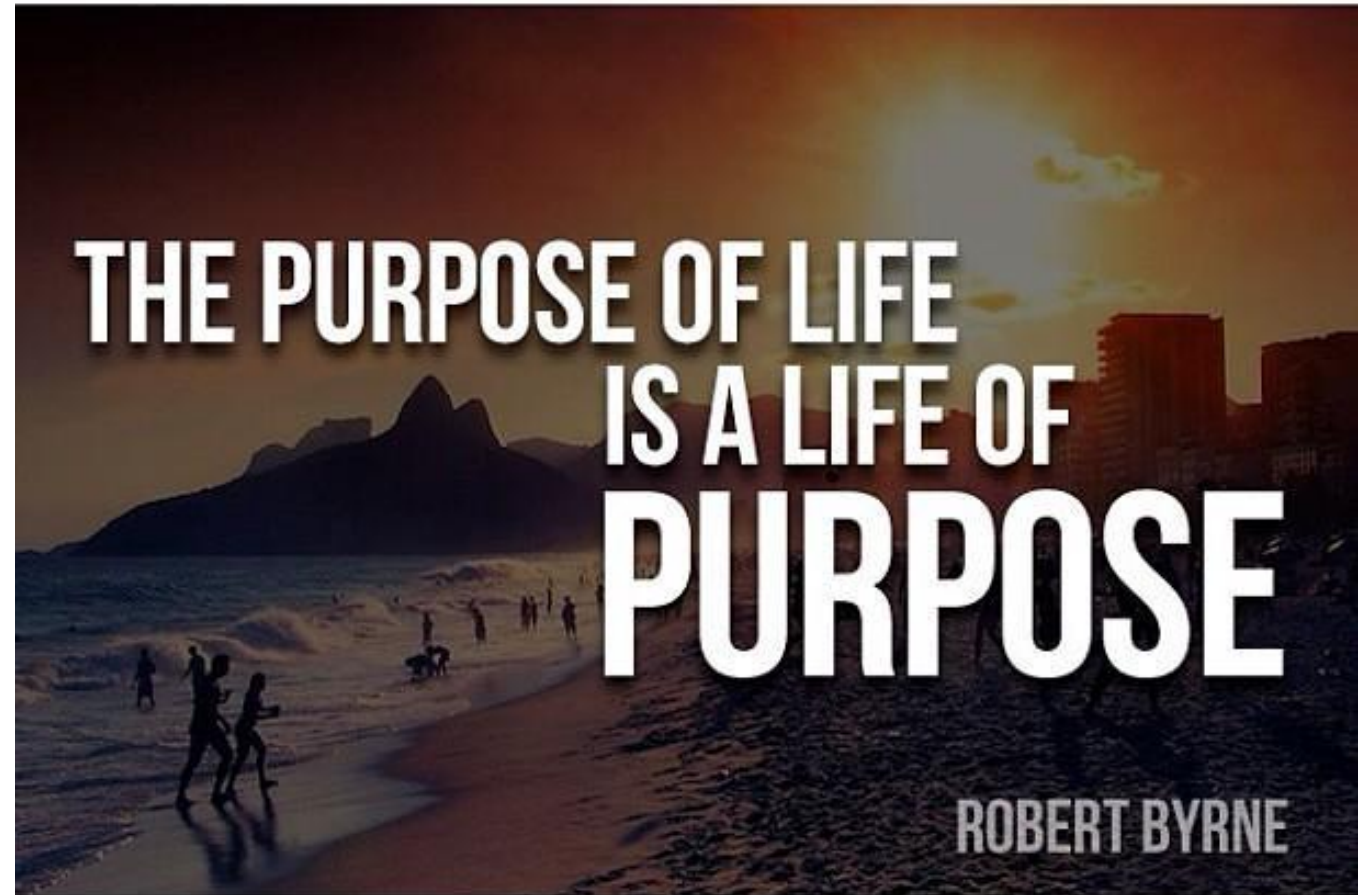


SELF-CARE AND WELL-BEING

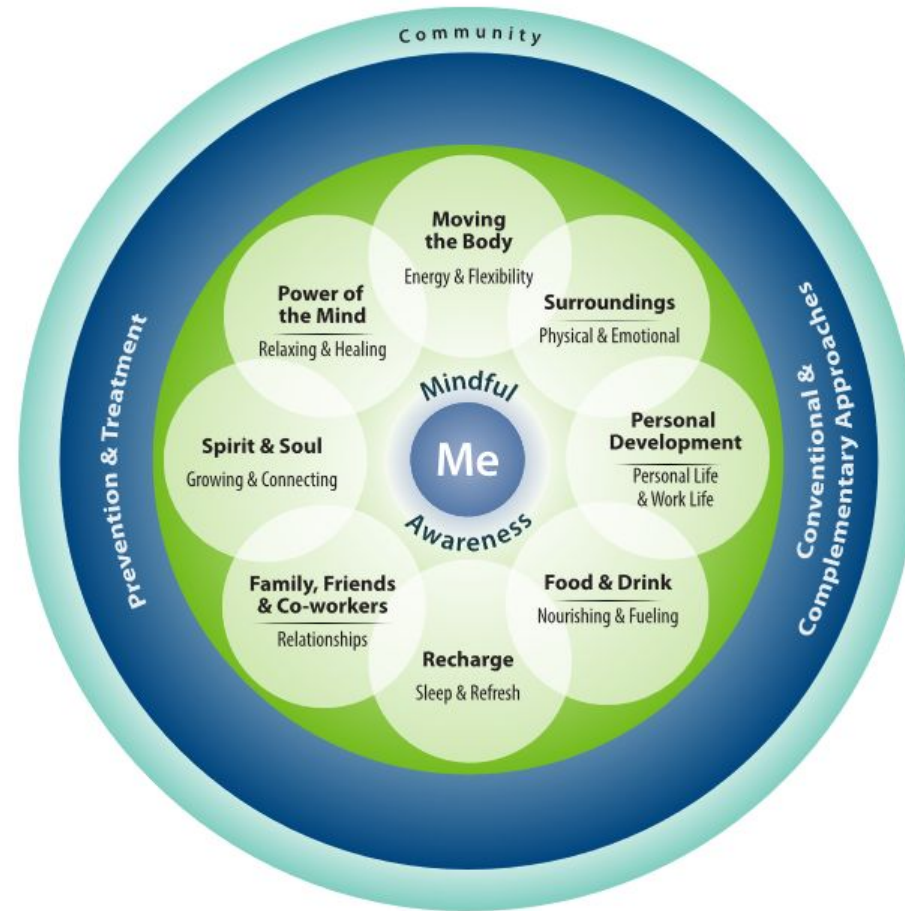
MARCY B. NEWMAN, DACM, RN, MPH
EMPLOYEE WHOLE HEALTH PROGRAM MANAGER
PHOENIX VA HEALTHCARE SYSTEM

VIDEO

- Understanding the **Why**
- YouTube:
<https://www.youtube.com/watch?v=mK66az43E0I>



CIRCLE OF HEALTH AND WELL-BEING



SELF-CARE



Questions:

What is your self-care?

What is your self-care at work?

SHARE

- What brings you joy?
- Mission, Aspiration and Purpose



COMPLEMENTARY INTEGRATIVE HEALTH

VHA DIRECTIVE 1137, 5/18/17

List 1 (must be available)

- Acupuncture
- Biofeedback
- Chiropractic care (previously est.)
- Guided imagery
- Hypnosis
- Massage
- Meditation
- Tai Chi / Qi Gong
- Yoga

List 2 (optional)

- Acupressure
- Alexander Technique
- Animal Assisted Therapy (with R.T.)
- Aromatherapy
- Biofield Therapies
- Emotional Freedom Technique (EFT)
- Healing Touch
- Reflexology
- Reiki
- Rolfing
- Somatic Experiencing
- Therapeutic Touch
- Zero Balancing

ACUPUNCTURE/ACUPRESSURE

HISTORY OF ACUPUNCTURE

- **Daosist tradition > 8,000 years**
- **Yin-yang creation – Fu Hsi who lived along Yellow River in China**
- **Stone needles excavated – Stone Age**
- ***The Nei Jing (The Yellow Emperors Classic of Internal Medicine) - 305-204 B.C***
- **Warren States Era (421-221 B.C.) - Metal needles, then gold, silver**
- **260-265 A.D., - Acupuncture points presented by Chinese physician - Huang Fu Mi**
- **Along the Dynastacies – transformation - Song Dynasty (960-1279) – 657 points**
- **6th/7th centuries – spread to Japan, Thailand, India, Vietnam**
- **1950's to the 1960's - Acupuncture research – China**
- **1950's –European acupuncture**
- **1972 – US**
- **Present – DAOM, DACM –new, future standard**
- **(Suvow, 2015)**

HOW ACUPUNCTURE ENTERED THE US

- **President Nixon – 1972**
- **Aide – in Chinese hospital**
- **Entrance to US**
- **45 States + DC with Licenses**
- **54 Oriental Medical Colleges in US –
Masters Degree (3-4 yrs)**
- **Doctoral degrees: DAOM, DACM**

ACUPRESSURE FOR STRESS

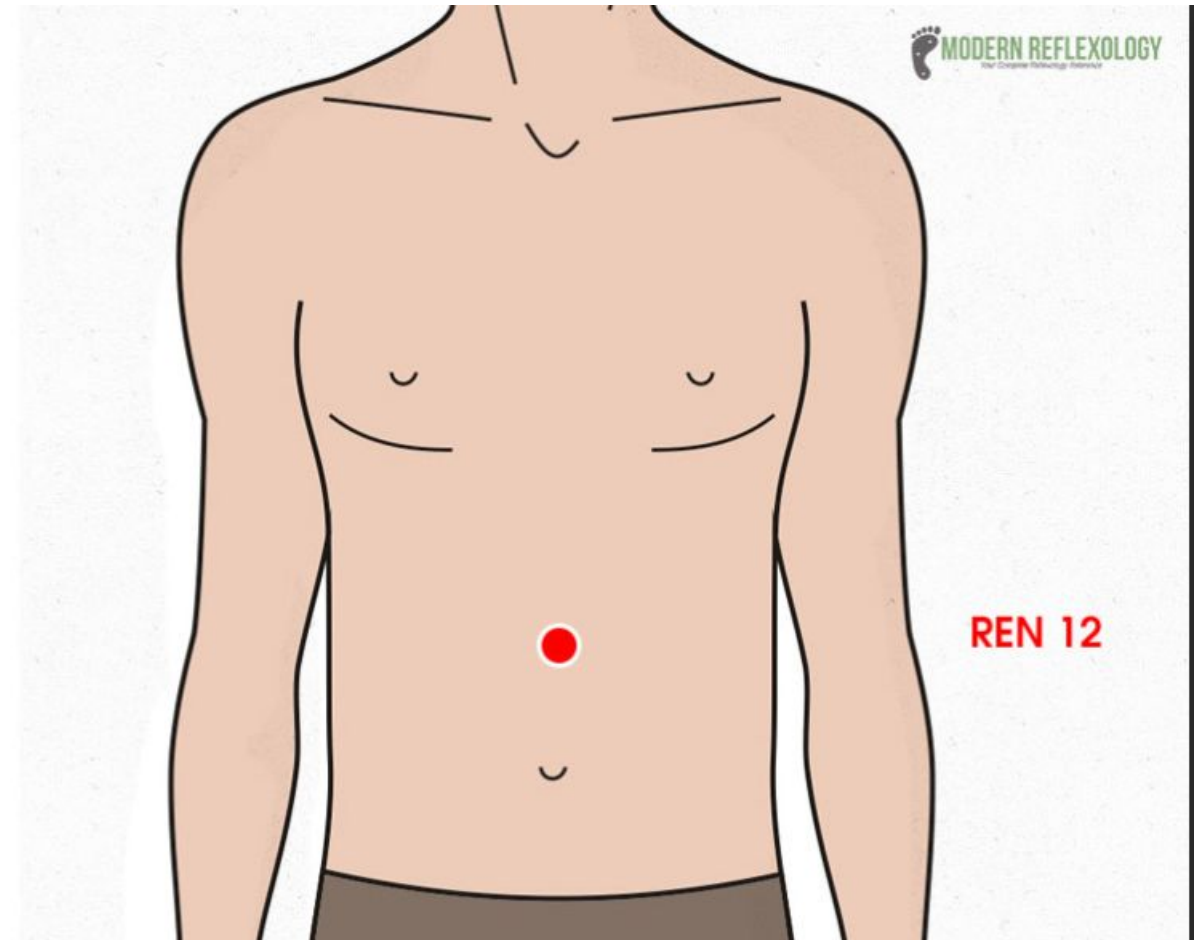
- Yin Tang Jianjing 印堂
Hall of Impression
Extraordinary Point



- **Corresponds** to Upper Dantian and 3rd Eye
- **Uses:** anxiety, insomnia, frontal headache and nasal obstruction
- **Locate:** find the central point between the inner parts of your eyebrows
- **Research:** Functional Magnetic Resonance Imaging (fMRI) study China (2012) electroacupuncture at acupuncture points Yintang and Baihui DU-20 produced lasting effects on brain activity (even after 15 min. of needle removal)
- <https://learnacupuncturepoints.com/acupuncture-point-yin-tang/>

ACUPRESSURE FOR DIGESTION

- **Uses:** Epigastric pain, vomiting, hiccup, acid regurgitation, Abdominal distention, diarrhea, dyspepsia, Cough, copious phlegm, Jaundice and Insomnia
- **Locate:** On the anterior median line of the upper abdomen, 4.0 cun above the umbilicus.
- **Research:** Used with irritable bowel patients for constipation patten
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7497971/>



ACUPRESSURE FOR ENERGY

- LUNG 1 (LU 1)



Location: Follow fingers below clavicle to the outer third portion of the clavicle, approximately three fingerbreadths below
Located in a hollow known as the deltopectoral triangle

Indication: fatigue

YOGA

TYPES OF YOGA

1. Hatha yoga—postures and breathing techniques
2. Jnana Yoga -path of wisdom (challenging)
3. Bhakti Yoga—major devotion to God
4. Raja Yoga: meditation, exercise, study and breathing
5. Karma Yoga: - all practice centered on God



YOGA PRACTICE



VETERANS WHOLE HEALTH

Whole Health Orientation

- For more information about Whole Health, for questions you have or to find out what Whole Health offering is best for you, call 602-277-5551 ext. 5802, to schedule an Orientation, offered via phone or VVC.
- [Whole Health Coaching](#)
- [Well-being classes](#)
- [Taking Charge of My Life and Health](#)
- [Mindfulness Hiking Group](#)

QUESTIONS?

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