

## **The Changing Landscape of Health Care: The Growth of Energy and Relaxation Therapies**

**Co-Authored by...**

**Helen Chin Lui**, Certified Energy Medicine Practitioner, Certified Reflexologist, Reiki Master/Instructor & **Kirsten D. Whitten, Ph.D.**, PR/Com & IMC Consultant and Lecturer Stonehill, Regis and Curry Colleges & Northeastern University.

### **The Holistic Approach**

Holistic care is the emphasis of overall well-being (both physical and emotional), with an emphasis on maintaining health, not just curing ailments. “It is the difference between the *allopathic* and the *osteopathic* approaches to medicine,” said Helen Chin Lui, Certified Reflexologist, Certified Energy Medicine Practitioner, Usui Reiki Master/Teacher. “Allopathic medicine aims to combat disease by using remedies (such as drugs or surgery), whereas osteopathy takes a holistic perspective on the practice of medicine. It’s based on the theory that diseases are due mostly to loss of *structural integrity*, which can be restored by treating the ‘whole patient’ (mind-body-spirit) - and supplemented by therapeutic measures (such as use of drugs or surgery).”

One of the most influential holistic approaches is Traditional Chinese Medicine (TCM), which dates to 1766 B.C. TCM is based on the idea that health is a reflection of energy that flows within the body and between the body and one’s external environment. Optimal health results when these forms of energy are balanced and their flow unimpeded. Energy medicine practitioners are trained to sense and to visualize energy circulation within people and within the patterns of their life, with special attention to energy deficiencies, excesses, and obstructions.

“*Energy medicine* is defined as any energetic vibrational healing interacting with the biological being to bring the body back to homeostasis” said Chin Lui. In other words, healing must take place not only on the physical realm, but the mind and spirit must also work in conjunction with the body to help it heal. “Energy Medicine does not take the place of allopathic medicine,” Chin-Lui points out, “but compliments the current healthcare paradigm by teaching and incorporating self-care, self-responsibility and mindfulness through self-awareness.”

Energy medicine is gaining popularity as a means of preventing and maintaining good physical and emotional health. According to the National Center for Complementary and Alternative Medicine in the U.S. Department of Health and Human Services National Institute for Health (NIH), 33.2% of U.S. adults and 11.6% of U.S. children age 4 to 17 used complementary health approaches in 2012. This equates to nearly 4 in 10 Americans (and 8 in 10 people worldwide) are using chiropractic, relaxation therapies (such as meditation, yoga and reflexology) and energy medicine (such as acupuncture, chakras balancing and reiki healing) to improve their physical, emotional and spiritual health (NCC, 2012).

While the 2017 National Health Interview Survey (NHIS) released in November 2018 did not measure these numbers in broad spectrum, it did report that the number of American adults and children using yoga and meditation, specifically, has increased significantly over previous years and the use of chiropractic services increased modestly for adults specifically. Today, more than 14 percent of U.S. adults use yoga and more than 10 percent use chiropractors. These reports show that more people are turning to mind and body approaches than ever before.

### **Case Study (2019):**

*Katherine decides to visit the Healing Place LLC in Medfield, MA. She immediately notices the difference between a holistic care office and her primary care doctor's office. The environment*

*is warm, inviting, and soothing. Katherine has experienced years of infertility, so her doctor suggested she undergo IVF treatments. After four rounds of unsuccessful IFV treatments, Katherine decided to seek holistic care, in this case, Reflexology treatment, for help. At the first meeting, the holistic practitioner discussed with Katherine what her healing objectives were by asking her mindful questions about her physical and emotional health, how she processes her emotions, and what she thinks may be the possible root of her health problems. Katherine realizes that these are not the typical medical questions asked at her doctor's office. After the initial intake, Katherine relaxes on a massage table while releasing anxiety and stress through her breathing. She begins to believe she can become pregnant and heal her body. After 12 cycles of Reflexology treatments and one more IVF treatment, Katherine announces she is pregnant. Katherine realized that she needed to be in a partnership with her the holistic care practitioner and her medical doctor... by relaxing, decreasing her stress and believing that she could become pregnant, she did.*

This case study, adapted from one of Chin Lui's healing sessions at the Healing Place LLC in Medfield, MA in 2019, describes an initial experience with holistic care. Helen has helped countless people to break the cycles associated with chronic digestive problems and chronic pain and assist them in balancing their hormones naturally.

### **Understanding Energy & Relaxation Therapies**

Allopathic medicine corrects illnesses with medication and surgery. There is little emphasis to treat diseases with natural remedies or with mindful practices. Holistic care is the emphasis of overall well-being (physical and emotional), with a focus on *maintaining health*, not just *curing ailments*. Holistic medicine empowers individuals to activate their natural ability to self-heal by improving their life force energy flow. To have healthy energy, all methods of medicine contribute to overall well-being, including a healthy diet, a work/life balance, managing stress, exercising, getting enough rest, establishing healthy boundaries, and making time for quiet and meditation.

The body wants to be in its natural state of relaxation, but due to stress and anxiety, the central nervous system normal response to stress by increasing production of stress hormones (adrenaline, cortisol, and norepinephrine) to ward off the fight and flight response and come back to homeostasis. Activating the body's natural relaxation response must be done through active self-care practices. Beneficial activities include deep breathing, meditation, rhythmic exercise, and yoga to manage stress and anxiety to boost energy and mood, and improve physical, emotional, spiritual health. Non-productive relaxation activities such as watching brain-numbing television shows, drinking or eating the wrong drinks and foods or taking recreational drugs do not create long lasting relaxation response.

#### **Relaxation Response Benefits**

- Heart rate lowers
- Blood pressure lowers
- Eliminate hyperventilation and slows down breathing
- Manage stress and anxiety
- Muscles are able to relax
- Able to focus and think clearly
- Combat illnesses
- Relieves body pain
- Increase problem solving capability
- Boosts motivation and productivity

Energy and Relaxation Therapies can ease stress, anxiety, depression, and sleep problems. The objective of the natural relaxation response is to calm and relax the mind, body, and spirit so energy can flow where is needed to self-heal. All energy and relaxation therapies complement traditional medicine but it cannot be used to diagnose, heal or prevent disease. There are hundreds of helpful energy and relaxation therapies. The demand for CAM treatments is growing in the United States and many medical schools now offer CAM therapy courses.

### **Energy and Relaxation Therapies / Healing Modalities**

- **Alternative Medicine** is taking responsibility of one's wellbeing and taking an approach to promote wellness and balance between the mind, body and spirit.
- **Acupuncture** is believed to stimulate and balance the body's energy flow (Qi) through the use of tiny needles inserted in the skin. It can be used in the treatment of acute and chronic diseases. *Acupuncture Biofeedback* involves learning to recognize the body's physiological states (such as tension) and to control them.
- **Aromatherapy** is sometimes called essential oil therapy. Aromatherapy has been used for thousands of years in resins, balms and oils. Concentrated natural plant extracts use every aspect of the plant, leaves, flowers, herbs, trees, including roots to promote physical and emotional health. Essential oils are extracted by distillation. Essential oils can be inhaled or applied topically when mixed with a carrier oil. Never apply undiluted essential oils directly to the skin.
- **Ayurvedic Medicine** focuses on a holistic approach to healing the body. It has been practiced in India for 5,000 years. It is believed that humans have three basic energy types called doshas. Doshas derive from the six elements:
  - Vata – contains the quality of space and air
  - Pitta – contains the quality of fire and water
  - Kapha – contains the qualities of water and earth.We all have a dominant energy traits. Ayurveda medicine includes herbal treatments, breathing exercises, yoga, skin oil therapy, detoxification and reciting mantras.
- **Chiropractic or Osteopathic Manipulation** focuses on the physical alignment of the spine, muscles and nerves. Sometimes called “spinal manipulative therapy,” this specialty is practiced by health care professionals such as chiropractors, osteopathic physicians, naturopathic physicians, physical therapists, and some medical doctors. Practitioners perform spinal manipulation by using their hands to correct the alignment of spinal vertebrae to relieve pain and improve physical functioning.
- **Herbal therapies** use plant extracts such as chamomile, licorice and St. John's wort to treat ailments ranging from skin conditions to asthma and depression.
- **Massage** – Research estimates that massage therapy grew to an \$18 billion industry in the U.S. in 2018 compared to 11 billion in 2005. Nearly seven percent of U.S. adults (15.4 million) and 0.7% of U.S. children (385,000) have had a massage. Massage is the number one complementary healing therapy with 62 percent of these adults (9.55 million) having a massage between July 2017 and July 2018 doing so for medical or health reasons such as pain management, injury rehabilitation or overall wellness. In addition, according to the American Hospital Association (AHA), massage therapy is the top complementary in-patient therapy in hospitals, with 37% of patients making requests for it.

- **Meditation** – Americans spent \$1.2 billion on meditation classes in 2017, with an estimate to double to over \$2 billion by 2022. It is believed that 200 to 500 million people meditate regularly globally, with 14% of U.S. adults and 5% of children having tried meditation at least once. Meditation is almost as popular as yoga.
- **Reflexology** is based on reflexing specific pressure points on either the feet, hands, ears or face to produce a positive impact in the corresponding areas of the body. In a Chinese study, a 50% success with reflexology was seen with respect to 20,000 documented cases of patients using it. (Alternative Medicine Zone, 2010).
  - *In 2011, the National Cancer Institute (NCI) granted Michigan State University \$2.65 million for a five-year breast cancer and Reflexology study. The study showed that Reflexology reduced discomfort and pain of women undergoing chemotherapy for stage 3 and 4 breast cancer. (Wyatt, Sikorskii, Rahbar, Victorson & You, 2014). The study also showed that, with regular Reflexology treatments, participants' physical function improved by 10 percent.*
- **Reiki** is an energy healing that holistically treats the whole body. It is a relaxing treatment where natural healing vibrations are transmitted through the hands of a Reiki practitioner. Reiki can help ease the discomforts of common illnesses such as cold and flus and more serious illnesses such as heart disease, cancer, and mental health disorders. According to the AHA, Reiki is now one of the top three complementary in-patient therapies in U.S. hospitals. Massage therapy is in first place, with 37% of hospital patients requesting it, and music and art therapy is in second place at just over 25%. “Healing touch therapies,” which include Reiki and Therapeutic Touch, come in at a very close third place at 25% (Doran, 2012).
- **Qigong and Tai Chi** are centuries-old, mind and body practices using postures and gentle movement to improve mental focus, induce deep relaxation with proper breathing, help to ease the disease pain, reduce anxiety, and improve balance and stability.
- **YOGA** – Yoga is the fastest growing industry globally. Here in the U.S., 36 million adults (9.5%) and 1.7 million U.S. children (3%) practice yoga. Between 2012 to 2016 the number of Americans doing yoga grew by 50% with flexibility and stress relief being the most popular reasons cited. One in three Americans have tried yoga at least once (NHIS, 2012).

## **Research**

Results and research dollars are more available than ever. In 1997, the U.S. Congress voted to fund an Office of Alternative Medicine as part of the National Institutes of Health (NIH). This new NIH office offers funding for researchers interested in testing the efficacy of diverse therapies. For example, acupuncture, reiki, reflexology and other relaxation and energy therapies have been shown in clinical trials to help some people lose weight, relieve chronic depression, diminish some forms of chronic pain and meet a range of other treatment goals, particularly when combined with other forms of care.

### **Some Stats:**

- A 2018 report from the National Center for Health Statistics, NIH, and the National Center for Complementary and Integrative Health shows that more people are turning to mind and body approaches than ever before with the most popular complementary practices being yoga, meditation and chiropractic care.

- Nearly 4 in 10 Americans (and 8 in 10 people worldwide) use chiropractic, relaxation therapies (such as meditation, yoga and reflexology) and energy medicine (such as acupuncture, chakras and reiki healing) to improve their physical, emotional and spiritual health (NCC, 2012).
- In 2011, NCI funded an MSU study showed that Reflexology reduced discomfort and pain of women undergoing chemotherapy for stage three and four breast cancer. At the end of the five-year study, results also showed participants' physical function improved by 10 percent with regular Reflexology treatments (Wyatt, et al., 2014).
- The World Health Organization (WHO, 2019) reports the last decade has witnessed an increase in people utilizing CAM practices containing active herbal products. It also reported that government or public research funding for T&CM (categorized as “Complementary and Alternative Medicine” for the NIH by fiscal year (1 October through 30 September) has increased from \$337 million in 2015 to \$366 million in 2016.

### Popularity

In the last 10 years, holistic care options such as chiropractic, relaxation therapies (such as meditation, yoga and massage) and energy medicine trends (such as chakras/reiki healing, reflexology, acupuncture, homeopathy and Tai Chai) are becoming more popular as people seek to improve their physical, emotional and spiritual health with natural healing methods. The result is that the U.S. is seeing a shift away from people using drug prescriptions to cure all ailments. Since 2014, there has been an increase in the use of mindfulness, breathwork and meditation as treatments for chronic pain, anxiety, depression, and to break negativity cycles.

Overall, the global Complementary and Alternative Medicine (CAM) market is expected to reach a value of USD 196.9 billion by 2025, according to a new report by Grand View Research, Inc. According to various studies there are many reasons for this growth, including:

- **Dissatisfaction:** Patients are dissatisfied with conventional treatment because of adverse effects impersonal care and ineffective healing options;
- **Personal Control:** Holistic care is empowering and offers personal autonomy through open discussion and mindful, personal investment in the self;
- **Philosophy:** These care options align with personal values as well as spiritual philosophy / religious beliefs.

### Society is Stressed

Modern society is stressful. Stress causes worry and fear, which lead to anxiety and pain – both physical and emotional. Chronic stress can affect a person’s overall well-being and induce physical ailments, causing a variety of symptoms, including irritability, anxiety, headaches and insomnia. Some of the other harmful health effects that can be caused from excessive stress include:

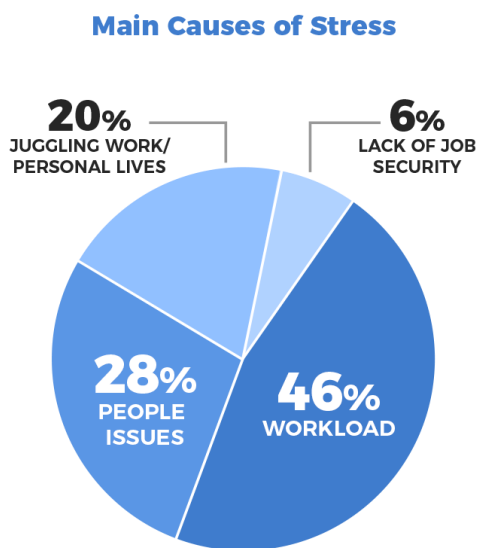
- Damage to key brain structures and circuitry (McEwen & Morrison, 2013)
- Reduced ability to cope with future stress, which can lead to increased anxiety and chronic depression (Miller & Hen, 2015)
- Reduced immune system functioning (Dhabhar, 2014)
- Increased inflammation and depression (Slavich, George M., and Michael R. Irwin, 2014)
- The onset of post-traumatic stress disorder (Arnsten, Raskind, Taylor, & Connor, 2015)

### Stress in the Workplace

We work 24 hours, 7 days a week and pressures are high. Numerous studies show that *job stress* has escalated progressively over the past few decades and is now the major source of stress for American adults today. According to the American Institute of Stress, “Increased levels of job stress, as assessed by the perception of having little control but lots of demands, have been demonstrated to be associated with increased rates of heart attack, hypertension, and other disorders” (2018). It is also associated with increased issues of violence in the workplace and job stress related suicides. In fact, the suicide rate for police officers has increased dramatically over the past five years. In 2018, 167 American officers died by suicide, nearly 10 percent more than the total number of line-of-duty deaths resulting from 15 other causes such as felonious assault, patrol vehicle accident, heart attack, duty-related illness, according to BlueH.E.L.P. (2019). So far, as of July 29, 2019, 111 U.S. officers have taken their own life (Today Show, 2019); this includes the newest addition of fifth suicide by a New York City police officer since June 2019. These numbers are already on track to exceed 2018.

*In New York, Los Angeles and other municipalities, the relationship between job stress and heart attacks is so well acknowledged, that any police officer who suffers a coronary event on or off the job is assumed to have a work-related injury and is compensated accordingly (including heart attack sustained while fishing on vacation or gambling in Las Vegas).*

- American Institute of Stress



Source: EAP provider ComPsych's first half of 2006 StressPulse Survey.

Stress is a highly personalized phenomenon and can vary widely even in identical situations for different reasons. According to The American Institute of Stress, one survey showed that having to complete paperwork was more stressful for many police officers than the dangers associated with pursuing criminals. “The severity of job stress depends on the magnitude of the demands that are being made and the individual’s sense of control or decision-making latitude he or she has in dealing with them” (AIS, 2018). Scientific studies support this claim that that workers who perceive that they are subjected to high demands – yet have little control – are at increased risk for cardiovascular disease.

Excessive workplace stress causes a staggering 120,000 deaths and results in nearly \$190 billion in health care costs each year. (Goh, Pfeffer & Zenios, 2015).

According to the Center for Workplace Mental Health, this represents five to eight percent of national health care spending, derived primarily from high demands at work (\$48 billion), lack of insurance (\$40 billion), and work-family conflict (\$24 billion).

High on-the-job demands and insufficient resources contribute to stress (Demerouti & Bakker, 2011). In addition, an effort-rewards imbalance with perceptions of high effort and low compensation or recognition can also contribute to work stress (Siegrist, 2012). Goals perceived as exceedingly difficult, rather than achievable challenges, are also factors in excessive stress, anger, anxiety (Mawritz, Folger & Latham, 2014) and even depression *services* (Tan, Wang, Modini, Joyce, Mykletun, Christensen & Harvey, 2014).

### ***Workplace Stress: Prevention and Reduction Strategies***

Workplace stress can significantly impact the bottom line but employers can develop several organization-wide policies and practices to help *prevent* stress in the workplace while also helping to improve productivity, employee health and to create a more positive workplace climate and culture. Some options include providing the following *stress reduction* services:

- Information on stress reduction and the early warning signs of mental health conditions
  - Web-based and mobile stress management programs offer employers cost-effective options
- Stress screenings and intervention programs for stress management
- Programs that encourage mindfulness and relaxation and encourage exercise, emphasizing the value to mental *and* physical health, such as
  - Massage; Meditation; Reflexology; Tai Chi and Yoga, to name a few.

The City of St. Paul, MN recently initiated one such program and found out that despite the great effort required, there were big rewards in focusing more attention on workplace mental health. The city employs nearly 3,000 people and concerns with stress, depression and suicide created a call to action. The Healthy Saint Paul Committee, made up of representatives from all City departments and headed by HR Benefits, was formed in 2011 to address the health and well-being of the City and its employees. The committee became concerned about suicides, with at least one occurring each year for several years in departments from Fire to Libraries. Much of the committee's focus had been on physical health, but for this initiative, the Committee focused on education through tools, resources and training; addressed Employee Assistance Programs (EAP) knowledge and use; developed key partnerships; and encouraged visible leadership engagement. According to the case study released by the American Psychiatric Association's (APA) Center for Workplace Mental Health (June, 2019), the City of St. Paul found that most people were not aware that resilience is a skill that can be taught and are benefitting from skill building in that area and in learning more about mental health in general (2019). St. Paul found that despite challenges, there are big rewards in focusing greater attention on workplace mental health (APA, 2019).

Another APA study conducted from April 4-7, 2019 of 1,0005 adults revealed that the vast majority of workers say their employers offer some type of mental health resources, such as an employee assistance program, mental health days, wellness programs or onsite mental health services. In addition, more than 60% of respondents of this national public opinion poll said they feel their employers are providing sufficient mental health coverage. About a quarter (27%) say their employer does not offer sufficient coverage and 13% are unsure.

The poll also reported that most workers with benefits know how to access mental health services (70%) and are at least somewhat comfortable accessing services (62%) through their employer if needed. However, the poll also revealed that mental health stigma is still a major challenge in the workplace as more than one-quarter of workers are uncertain about how to access mental health care through their employer and more than one-third are worried about job consequences or retaliation if they seek mental health care (APA, 2019). The poll also revealed that younger workers are much more likely to feel they can discuss their mental health at work, as more millennials were comfortable (62%) discussing mental health with coworkers and supervisors than baby boomers (32%).

And while most workers say they would recognize signs of anxiety, distress or depression in co-workers and would reach out to help, about one in four respondents said they would not know where to guide their co-worker for mental health help (APA, 2019). "These results show both encouraging and concerning aspects of mental health in the workplace," said APA President, Altha Stewart, M.D. "The extent to which people are willing to reach out and help colleagues is encouraging. However, the continued hesitancy among many to talk about mental health concerns in the workplace is troubling."



### **Resources for Employers:**

- **Center for Workplace Mental Health** - A Working Well toolkit for employers on leading a mentally healthy business ([www.workplacementalhealth.org](http://www.workplacementalhealth.org) – Search for the term “Working Well toolkit”).
- **American Psychological Association** - Resources for creating a psychologically healthy workplace (<http://www.apaexcellence.org/resources/creatingahealthyworkplace/>).
- **Centers for Disease Control & Prevention** - Workplace health resources on stress (<https://www.cdc.gov/workplacehealthpromotion/tools-resources/workplace-health/stress.html>).
- **Workplace Strategies for Mental Health** - Tools and resources for employers (<https://www.workplacestrategiesformentalhealth.com/>).

### **School Related Stress**

Everyone is stressed, overwhelmed, and feeling isolated - including children. In addition to schoolwork, children worry about how to keep up with home life, family, friends, being safe, and having enough to eat. Due to the electronic age, more relationships are built superficially through texting and social media. Face encounters are now replaced by phones; creating even more isolation. Federal data reports that there are an estimated 2.2 million depressed children ages 12 to 17. According to a study by Johns Hopkins University School of Medicine, the rate of adolescents experiencing major depression surged nearly 40 percent from 2005 to 2014 (Goyal, Singh, Sibinga, et al., 2014).

### ***Mental Health Days***

To help children manage stress and anxiety, some schools are allowing students the option to take mental health days off from school, just as they would a sick day. On July 1, 2019 a law went into effect in Oregon giving students five mental health days in a three-month period. In 2018, Utah changed the definition of a student’s “valid excuse” to miss a day to include: an illness “which may be mental or physical.”

In Oregon, the bill was supported by several teenagers including Hailey Hardcastle, a recent graduate who told *The Associated Press* that the bill was inspired by politically active students in Parkland, Fla., and that she and her peers wanted to address mental health issues in schools. Ms. Hardcastle said some parents had opposed the bill, raising concerns that students could take mental health days by pretending to be sick. But other parents cited a real need. The parents of Chloe Wilson, who died by suicide in 2018, told *The Associated Press* that their daughter, who had faced bullying after coming out as bisexual, had pretended to be sick in order to stay home from school. “Because she lied to get her absences excused, we didn’t get to have those mental health conversations that could have saved her life,” her mother, Roxanne Wilson, said in a public report.

Jennifer Rothman, senior manager for youth and young adult initiatives for National Alliance on Mental Illness told Fox News 12 Oregon (July 23, 2019) that the new laws are “a huge win, especially for individuals and families that are affected by mental health conditions.” Debbie Plotnik, executive director of the nonprofit advocacy group Mental Health America, added the point that implementing the idea in schools was important step in challenging the way society approaches mental health issues.

According to the *Journal of the American Medical Association* youth suicides are currently the highest on record in the United States. In 2017, suicide claimed the lives of 5,016 males and 1,225 females between 15 and 24 in the U.S., (Miron, Yu, Wilf-Miron & Kohane, 2019) a devastating



indication that the nation isn't doing enough to identify and address mental illness in its young people. And while suicide numbers account for deaths, nearly nine percent of youths in grades nine through 12 attempted suicide in the past year, according to the CDC's 2015 Youth Risk Behaviors Survey. The situation is particularly bleak in Oregon, where the Oregon Health Authority (OHA, 2018) reports that youth suicide rates are higher than the national average. It is for this reason that the OHA's Health Systems Division and Public Health Division partnered with subject matter experts in 2015 to create the Youth Suicide Intervention and Prevention Plan for 2016 - 2020.

### ***Schools Add Holistic Health Programs***

Many states are now requiring mental health education in schools by incorporating holistic health programs as part of their curriculum. While most states require health education in all public schools, and state laws have been enacted in many states to require health teachers to include lessons on tobacco, drugs and alcohol, cancer detection and safe sex – two states are going further. New York's law enacted in 2018 adds mental health instruction to the list in kindergarten through 12th grade, while Virginia requires it in ninth and 10th grades. Meanwhile, over the last decade, cities and states nationwide have been adopting a variety of initiatives to address the rising need for mental health care in schools. Many states also increased funding for school counseling and added psychologists to their health staffs but until 2018, mandated mental health education had not been part of the trend.

Preliminary findings were released in April 2019 from a University of Berkley study that found anxiety disorder among 18 - 26 year-old students has doubled from 10% to 20% since 2008. Stress and anxiety have become a "new epidemic" on college campuses and heightened national awareness is needed (Scheffler, 2019). According to mental health surveys, students are more anxious than ever with 70% of students admitting their anxiety and depression are significant problems they face daily.

According to the National Alliance on Mental Illness, more than half of lifetime mental illnesses begin before age 14. Yet the average person waits 10 years after the first symptoms occur before getting treatment. By educating children of all ages about mental health, Paul Gionfriddo, President and CEO of Mental Health America, a nonprofit that advocates for better mental health care, said the hope is that they will learn how to recognize early symptoms in themselves and their friends and seek help before a crisis develops (Vestal, 2018).

"The idea of teaching young people about mental health is not a new one. The mental hygiene movement of the early 1900s introduced society to the concept that mental wellness could be just as important as physical wellness. In 1928, a nationwide group of superintendents recommended that mental hygiene be included in the teaching of health education, but it was not" (Bump, 2018)

Today, the focus is on holistic health, which is designed to support students' personal growth and development by looking at *the whole person* instead of focusing solely on a specific physical health or emotional issue. Holistic health encourages people to accept responsibility for their wellbeing by learning to make healthy choices.

### **Student Resources**

- **Your School's Health & Wellness Center**
- **Healing Place Energy School Student Page:** [www.healingplaceenergyschool.com/colleges](http://www.healingplaceenergyschool.com/colleges). Mindful coursework for college and high school students to manage stress, anxiety and beat depression
- **Healing Place YouTube Page:** [www.Youtube.com/ReflexologyHealing](http://www.Youtube.com/ReflexologyHealing). Self-care and self-help courses designed for anyone who is proactive with their health care and wants to build a wellness library.

## Where to Start: Creating a Holistic Self-Care Program

Anyone can create a holistic self-care program. It starts by developing a personal well-being plan to build self-help, self-esteem, and confidence. Think about what makes you happy.

### Your program can include:

- **Make Yourself a Priority.** Eat healthy, get enough rest and learn to say "no." Honor yourself.
- **Get Physical.** Move your body for 60 minutes a day.
- **Feed Your Emotional Side.** Uplift your spirit daily through hobbies, reading, journaling, laughing and love.
- **Get Spiritual.** Set aside time every day to connect to yourself by meditating and quieting your mind; be in nature.
- **Be Part of a Community.** Find the tribe that supports you and makes you feel valued.

The body responds to stress by releasing hormones to increase heart and breathing rates and prepare the body for a fight or flight response. If the body stays in hyper-alert, stress hormones will stay elevated. Overtime, overproducing of stress hormones can take a toll on health.

### Mindfully Decrease Stress and Anxiety

- **Live a conscious life**
- **Know Your Choices**
- **Find Work/Life Balance**
- **Manage your energy – Stay consistent**
- **Prioritize Your Needs**
- **Know that You Matter**
- **Start Making Small Changes TODAY!**



**About Helen Chin Lui, Certified Energy Medicine Practitioner, Certified Reflexologist, Reiki Master/Instructor**

Helen specializes in helping people of all ages to break the pain cycles associated with digestive problems, chronic pain, and aids in balancing hormones naturally. Since 2006, she has provided more than 13,000 reflexology and energy medicine healing sessions.

**Certifications: 800 specialized Reflexology certifications: Foot, Hand, Ear, Advance Digestive, Pediatric, Musculoskeletal, Hormonal, Fertility, Acupoint I and II. Rhys Thomas Energy Medicine School three-year program.**

**Author / Published Books:** [\*\*Know Your Chakras – Introduction to Energy Medicine\*\*](#)  
[\*\*Foot Reflexology to Promote Relaxation\*\*](#)

#### **Owner/Founder:**

- Healing Place LLC, Medfield, MA (2006) – [www.HealingPlaceMedfield.com](http://www.HealingPlaceMedfield.com)
- Healing Place Energy School LLC (2017) – [www.HealingPlaceEnergySchool.com](http://www.HealingPlaceEnergySchool.com)

**YouTube Resource Page:** [www.YouTube.com/ReflexologyHealing](http://www.YouTube.com/ReflexologyHealing)

**Social Media Handles:** [www.Facebook.com/HealingPlaceEnergySchool](http://www.Facebook.com/HealingPlaceEnergySchool)  
[www.Twitter.com/HealingPlaceMed](http://www.Twitter.com/HealingPlaceMed)  
[www.Instagram/theHealingPlaceEnergySchool](http://www.Instagram/theHealingPlaceEnergySchool)

**Contact:** Healing Place LLC and Healing Place Energy School LLC  
50 North Street, Medfield, MA 02052  
[Support@HealingPlaceEnergySchool.com](mailto:Support@HealingPlaceEnergySchool.com)



**About Kirsten D. Whitten, Ph.D., PR/Com & IMC Consultant and Lecturer**  
*Stonehill College, Regis College, Curry College & Northeastern University*

Dr. Whitten's specializes in public relations, integrated marketing communication and health communication.

Her 30 years of experience includes lecturing and consulting on the topics of social media, event planning and management and crisis and corporate communication planning and writing. She is a member of the PR Club and the PRSA Boston leadership team, where she is Co-Chair of the PRSSA, Faculty Forum & Young Professional Network. Kirsten is a veteran speaker, presenter and blogger whose research elevates the importance of PR's leadership role in interdepartmental collaboration of social media responsibilities.

**Dissertation / Conference Presentations:**

**Managing Interdepartmental Collaboration of Social Media Relations**

*Investigating the PR/Com Role in the Leadership and Collaboration of Social Media Relations Practices Across Organizations*

**Owner/Founder:**

- GT Graphics & Marketing (2006): [www.GtGraphicsandMarketing.com](http://www.GtGraphicsandMarketing.com)  
464 Whitman St., Hanson, MA 02341

**Blog:** [kwhittenblog.wordpress.com](http://kwhittenblog.wordpress.com)

**Social Media Handle:** @kirsten.whitten1

[www.Facebook.com/kirsten.whitten1](http://www.Facebook.com/kirsten.whitten1)

[www.Twitter.com/kirsten.whitten1](http://www.Twitter.com/kirsten.whitten1)

[www.Instagram.com/kirsten.whitten1](http://www.Instagram.com/kirsten.whitten1)

[www.Linkedin.com/kirstenwhitten1](http://www.Linkedin.com/kirstenwhitten1) (no period)

**Email:** [kwhitten317@comcast.net](mailto:kwhitten317@comcast.net)

[kwhitten@stonehill.edu](mailto:kwhitten@stonehill.edu)

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The Changing Landscape of Health Care Financing and Delivery - NCBI. The Changing Landscape of Americas Health - Wiley Online Library. The Patient Protection and Affordable Care Act (ACA), passed in 2010, has important implications for . EDs play a pivotal role in four of these domains: access,. The Changing Resistance Landscape for Crop The Changing Religious Landscape of the. 2015). The Handbook of the Christian Netherlands (Hoekstra & Ipenburg) economic, and technological change, demographic growth or decline is usually slow and gradual,16 often impossible to perceive in the short term, proceeding so slowly, in fact, that societies have time both to adjust to increasing or declining numbers and to modify their fertility behavior should they choose to do so. We still care for the sick, but now they are consumers of modern healthcare drugs, products, therapies, and services. Illnesses of the past were mainly due to infectious diseases. Wounds festered. The integration of appropriate conservative therapies such as acupuncture will shift the burden of healthcare from dramatic intervention to safe and effective natural therapies. Therefore, for fundamental change to occur in the current medical model, it will have to be rooted in a more complex theory of nature. Environmental Health: An extensive program for the evaluation of environmental health risks and the study of increasing immuno-compromised conditions caused by continuous toxic exposure is a vital aspect of this new medicine. The extraordinary economic growth rates of the twentieth century are historically exceptional and a continuation into the future seems neither possible nor desirable. Consequently, it is in the... Are complementary therapies and integrative care cost-effective? *BMJ Open*, 2:e001046. doi: 10.1136/bmjopen-2012-001046.CrossRefGoogle Scholar. Hyatt, J. (2014) Down with Sustainable Development!