Holistic Personal Development for Meaningful Engagement

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Acknowledgement

I wish to acknowledge that this session is being held on the traditional unceded lands of the

- Squamish (Skwxwú7meshÚxwumíxw),
- Tsleil-Waututh (sə̓l̓ílwətaʔɬ), and
- Musqueam (xʷməθkʷəy̓əm)

Nations who have been on this sacred land for thousands of years.
Session Outcomes

This session is intended to support attendees to:

- Identify and select strategies to support their own holistic personal development.
- Recognize how holistic personal development enhances meaningful engagement with others.
- Analyze how holistic personal development and health apps can be integrated into curriculum.
Personal Development

Should be Holistic

Developing all aspects of ourselves supports health, happiness, and our ability to engage with others in meaningful ways.
Personal development is one of the best ways to protect health and promote wellbeing. It is also one of the essential ingredients for developing the ability to cultivate deep relational engagement with other people.

Holistic personal development refers to optimal, integrated development of one’s body, mind, heart or emotions, spirit and professional development.
Although in essence, we are whole beings, it is useful to describe holistic personal development by categorizing the different aspects of ourselves into physical, mental, emotional, spiritual, and professional dimensions. Each aspect relates to important needs or states that we must achieve to be holistically developed and well. The integration of all aspects forms a cohesive whole that serves people well in sustaining a healthy and happy life and effective professional practice.
Four Directions Origins

The holistic notion of body, mind, heart, and spirit is a time-honoured one for First Nations peoples but is somewhat of a novelty in mainstream society. It is however, a framework that is becoming more accepted as an important way to view the health of humans. More and more, this perception of people is being used across the board in mainstream health education and practice and in culturally appropriate programs and services.

There are many different models of the four directions teachings in First Nations cultures across Canada. This version originates from the Anishanaabe, the original peoples of the Great Lakes area in Eastern Canada and the US.
Overview

Of Personal Development

- **Action Planning**
  Setting Goals, Strategies, Timelines and selecting Actions to Work on.

- **Physical Dev’t**
  Fitness, nutrition, communion with nature, relaxation, sleep, Intimacy and touch

- **Emotional Dev’t**
  Healthy relationships, balanced emotions, caring capacity, empathy, interconnectedness

- **Mental Dev’t**
  Intellectual, awareness, reflection, intuition, inquiry, mindfulness, decision-making, problem-solving, analysis

- **Spiritual Dev’t**
  Inner guidance, higher purpose, calling to serve, deep inspiration, soul evolution

- **Professional Dev’t**
  Life Path, career goals, Life-long learning, Portfolios, Mentors, Networking, growth of Expertise
Physical Development

Focusing on Our Bodies
Physical Activity

Is this a Goal for You?

Fitness provides so many benefits to people’s health. It is often a primary goal for people. Being active is a very important part of vibrant physical wellbeing.

STRENGTH + FLEXIBILITY + ENDURANCE – Minimum 150 minutes/week
Eating a well-balanced, varied diet is an important part of physical development. Eating local, in season, preferably organic food is important to ensure you receive all essential nutrients.
Allowing adequate sleep can make all the difference in your health.

Sleep is Important
All too often sleep is not sufficient when one is studying, working, and trying to get through each day.

Rejuvenating
Allowing adequate sleep can make all the difference in your health.
Fresh Air & Nature

Getting outside on a daily basis, especially in nature benefits your body, mind, emotions, and spirit.

Is this a Goal for You?
Grounding

Walking barefoot on the earth helps us to ground our bodies, release stress, and reconnect with the earth.

Is this a Goal for You?
Lifestyle wellness is one of the most common reasons for using mHealth apps, at least from a consumer-driven perspective. A multitude of lifestyle apps are available, including:

- Fitness,
- Calorie counters,
- Nutrition,
- Sleep records and aids,
- Smoking cessation,
- Mood control,
- Meditation and mindfulness,
- Positive thinking,
- Brain exercises, and so on.
The most useful focus on health related apps to date is the promotion of healthy lifestyles and the provision of guidance to adhere to prescribed treatments. The IMS Institute (2013, p. 8) categorized health related apps according to function – whether they inform, instruct, record, display, guide, provide a reminder alert, and/or communicate.

The majority of them provide the first two functions: provide information or instruction. A select few offer a combination of these functions.
App Functions
Few apps offer all 7 functions

- **Inform**
  Provide information in a variety of formats (text, photo, video).

- **Instruct**
  Provide instructions to the user.

- **Record**
  Capture user entered data.

- **Display**
  Graphically display user entered data/output user entered data.

- **Remind/Alert**
  Provide reminders to the user.

- **Guide**
  Provide guidance based on user entered information, and may further offer a diagnosis, or recommend a consultation with a physician/a course of treatment.

- **Communicate**
  Provide communication with HCP/patients and/or provide links to social networks.
Wearable Device Benefits

Predicted most important benefits of wearable health device usage by 2020

- **Wellness Control**
  Encouraging individuals to take control over their own health and wellness.

- **Care Control**
  Encouraging patients to take control over their own care and treatment.

- **Prevention**
  Improving access to preventative health information (e.g., detecting, foreseeing and preventing illness and injuries).

- **Population Access**
  Helping healthcare providers target hard-to-reach groups (e.g., teens or underserved communities).

- **Communication**
  Improving communication between providers and the patients they serve.

- **Cost Reduction**
  Reducing cost to consumers (e.g., by providing alerts, recommendations, or a cheap way for consumers to access healthcare services).

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Physical Development Apps

A taste of the many available apps

People can enter personal data manually into many mobile health (mHealth) apps to keep track of their food intake, habits, workout repetitions, hours of sleep, goals, mindfulness sessions, and so on.

Calorie Counter and Fitness Tracker from MyFitnessPal
Receive personalized goals based on your individual diet profile, or enter your own goals, track fitness – iOs, Android, Free or Pro versions
https://www.myfitnesspal.com

Get in Gear
Easy to use activity tracker records exercise including walking, running, jogging, hiking, swimming, aquatics, bicycling, spinning, cardio, aerobics, yoga, zumba, pilates, dance iOs, Android, Free
http://www.getingearapp.com

Map My Walk
Record GPS-based activities, view detailed stats; connect with 400+ devices to import and analyze all your data in one place; log over 600 different activity types – iOs, Android, Free or Pro versions
https://www.mapmywalk.com/app/

Yoga Studio
Gain access to beginner, intermediate and advanced yoga classes as well as guided meditation courses with this beautifully designed Yoga App – iOs, Android, Free or Pro versions
http://www.yogastudioapp.com
Habit Bull App

http://www.habitbull.com

Habit Bull is a Premium Habit Tracker that supports you to Easily break bad habits like smoking, drinking or nail biting, or build positive habits like fitness, meditation or Reading. Great community, sync devices, Get reminders, track ANY habit, cloud data, Multiple widgets. iOS and Android.
Mental Development

Focusing on Our Minds
Whole Brain Development

Is this a Goal for You?

Balancing logical thought with intuition, reflection, and artistic thinking helps to keep our minds sharp and well-balanced.

“The only real valuable thing is intuition.”
-Albert Einstein

Logical Reasoning Skills!

take a moment to REFLECT
BrainyApp is a fun way to help you look after your brain health to reduce your risk of dementia. BrainyApp is available internationally for Apple and Android devices.

https://brainyapp.com.au
Mind-Body Connection

- See yourself run like a deer.
- See yourself as powerful as a panther; with quick reflexes.
- See yourself as strong and sure-footed as a stallion.
- See yourself as graceful and peaceful as a swan.
- See yourself as nimble and quick as an otter.

Your mental imagery and imagination can empower your physical activities.
Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what’s going on around us.

Is this a Goal for You?
Mindfulness is a way of being that promotes a return to the present moment, its practice cultivates awareness. It is also a self-care practice to help you avoid that slippery slope into burnout, strengthening your ability to slow down, concentrate, and pay attention to what matters most. Scientifically proven to have many health benefits, mindfulness anchors you in the present, freeing your busy mind to focus on the here and now.

Although it requires persistence and patience, mindfulness is an investment well worth your time. With regular practice, you'll see changes in your attitude toward work, your relationships, and even your lifestyle.

(Carmel Sheridan, The Mindful Nurse, p. 19).
Mindfulness Apps

Gentle reminders

These apps help you find moments of peace despite a hectic world around you. Great for both mental and emotional health. iOs and Android.

Stop, Breathe and Think – https://www.stopbreathethink.com

Calm – Meditate, Sleep, Relax – https://www.calm.com
Emotional Development

Focusing on Our Hearts
Healthy Relationships

All kinds of healthy bonds feed our emotional development, whether romantic, friendship, family or with colleagues.

Is this a Goal for You?

There are rare people who will show up at the right time, help you through the hard times and stay into your best times... Those are the keepers.

Nausicaa Twila
Liking yourself and engaging in supportive self-talk are important strategies for emotional balance.

It is realistic to be aware of your flaws, yet not berate yourself for them. Rather, gently reflect and decide how you will improve to be the best version of your self.

Is this a Goal for You?
Our engaging activities and games can be used anytime, anywhere—on your smartphone, tablet or computer. Small slices of time can make big-time changes.

iOs and Android.

https://my.happify.com
Spiritual Development
Focusing on Our Essence
“The meaning of life is to find your gift. The purpose of life is to give it away.”

Pablo Picasso

Is this a Goal for You?
Find Inspiration

Reflect and explore until you find what truly inspires you. Then surround yourself with what you have discovered.

Is this a Goal for You?
Spiritual Development

Apps that support Spiritual practice

There are many apps that focus on secular as well as particular spiritual belief systems, all geared to inspire and support spiritual growth. Here are two for iOS and Android.

**SPIRITUAL ME** - a new way to help you focus your mind, refresh your spirit and maintain awareness of your emotions. - [http://www.spiritualmeapp.com](http://www.spiritualmeapp.com)

**1000 Guided Meditations for Mindfulness Relaxation** - Listen to audio courses, music, and relaxing sounds to support your meditation practice. Give up your everyday stress and learn to achieve mindfulness through the guidance of meditation experts. [ANDROLD OR ITUNES](https://itunes.apple.com/us/app/1000-guided-meditations/id336780464)
Professional Development

Focusing on Our Life Path
BSN-PB (BSN-AE) Career Map

Graduates have a range of possibilities...

- Nursing Practice
  - Acute Care
  - Community Care
  - Home Care
  - Longterm Care
  - Clinics
  - Agencies

- Speciality Education
  - ICU, CCU, Obstetrics
  - Emergency, OR

- Nurse Leader
  - Management Clinician

- Graduate Education
  - Masters, Doctorate

- Informatics

- Faculty

- Research

- Nurse Practitioner

- Unique Niche
  - Combine your two degrees
Professional Development

Supported Apps

There are many apps available for both iOS and Android to support time management, project tracking, career planning, leadership development, and tracking life plan goals. Here are three you can check out.

The Time Prism

The Fastest & Easiest Way to Learn, Remember, and Master the Success-Critical Skills for Higher Achievement. LINK TO SITE

Trello for Productivity

Trello gives you perspective over all your projects, at work and at home. Create visual boards to organize anything you’re working on. LINK TO SITE

Focus - Time Management

This app is designed to help clear your mind, boost your work productivity and Stay Focused on your current task at hand. LINK TO SITE
Why Do You Work?

The wheel of work: analyse what your career means to you.

1. Select the segments of the wheel containing factors that are meaningful to you.

2. Use the scoring system 1-5 to rate how important each factor is to you (1- not very important through to 5- extremely important).

   e.g. If feeling good is extremely important to you, shade all sections numbered 1-5 of this segment, if it is fairly important give it a score of 3 and shade the sections numbered 1-3.

3. Take a look; does your current career match your priorities?

SOURCE:
The Essential Career Organisation Toolkit by Dr. Wendy Broad.
"A career action plan enables you to focus your thoughts and ideas into a series of steps to achieve your career objectives within a realistic timescale. The process takes into account the fact that situations change and plans can be reviewed and altered." (Broad, 2014., p. 2, Jobs.ac.uk Website).

SOURCE: 
The 5 Minute Career Action Plan by Dr. Wendy Broad (2014).

CLICK TO DOWNLOAD
Action Planning

Reaching for Our Goals
Complete the Personal Development Plan worksheet by including at least one goal with strategies and timelines for each dimension – Physical, Mental, Emotional, Spiritual, and Professional. Make sure these are goals you actually do want to work on.

Then complete the Brief Action Planning Sheet to explore which goal you want to work on first.
SMART Goal setting

The first step for all development

Start by identifying personal development aims relating to your vision of the future and what you want to achieve. Break these down into step-by-step goals. To keep on track make your goals SMART. Remember to include a date to review your aims to allow for changes in your priorities.

- **Specific**: Identify a clear outcome that you want to achieve.
- **Measurable**: Consider how you will know when you've completed the goal.
- **Achievable**: Ensure goals are feasible in your time frame and you are motivated to complete them.
- **Relevant**: Consider whether they are relevant to your personal development aims.
- **Timed**: State the date when you will complete them.
Is there anything you would like to do for your personal development in the next week or two?

YOUR IDEA?

- Focus on one action at a time
- Choose small changes or actions = achievable
- Make a SMART plan of action that is:
  - **Specific** – What exactly do I want to do?
  - **Manageable** – How long will I do this or how much will I do it?
  - **Action-oriented** – How often will I do it and when?
  - **Realistic** – Where will I do it?
  - **Time limited** – When will I start?
Brief Action Planning

Write out your plan as a sentence beginning with I WILL:

**Example:** I will walk 20 minutes 3 times a week along the water starting next Monday.

Repeat your plan out loud.

**Ask yourself:** how confident are you that you can carry out your plan? ________________

(On a scale of 0 – 10 where “0” means not confident at all and “10” means very confident).

If you do not give it a score of 7 or more, modify your plan until you are confident you can do it.

Make a date with yourself to check in on your plan: I will review my plan by ________________.
Proceed One Step at a Time
Approach Your Goals Deliberately and Mindfully

Brief Action Planning
Create a SMART BAP
For each goal as you progress.
Give it time to gel.

Work on One Goal at a Time
To make these goals part of your daily life, approach them with care
And give each one time to become routine.

Continue Development
As one goal becomes a routine,
Work on another goal, and so on.
References


thankyou

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PowerPoint and Handouts can be accessed at:
https://ln.sync.com/dl/63aec30a0/fmeseek6-xm8bztrb-niet7tv2-8xsrrkrzf