



# Wellbeing Interventions for Ourselves & Our Patients

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# Objectives

- Reviewing the implementation of Whole Person Care in the midst of chaos and uncertainty
- Discussing 10 factors that may impact our wellbeing and health



# Disclosure

- Mimi Alvarez's thoughts & reflections only
- Not an endorsement of any specific approach
- My lifelong journey & search for interventions to be healthy, healed, whole





# Whole Person Care – Where can we make a difference?

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What do we know to be true?

- SDOH
- Genetics, epigenetics
- Lived experience
- ACES
- Ancestral history
- World events & uncertainty



# Reclaiming our Sovereignty & Agency

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- Pandemic exacerbated uncertainty & chaos
- Opened fissures in our psychological fault lines
- Increase in anxiety, depression, SUD, loneliness, isolation, suicide, HCP leaving the workforce, society's Great Resignation



# What Exactly do I Have Control over in My Life?

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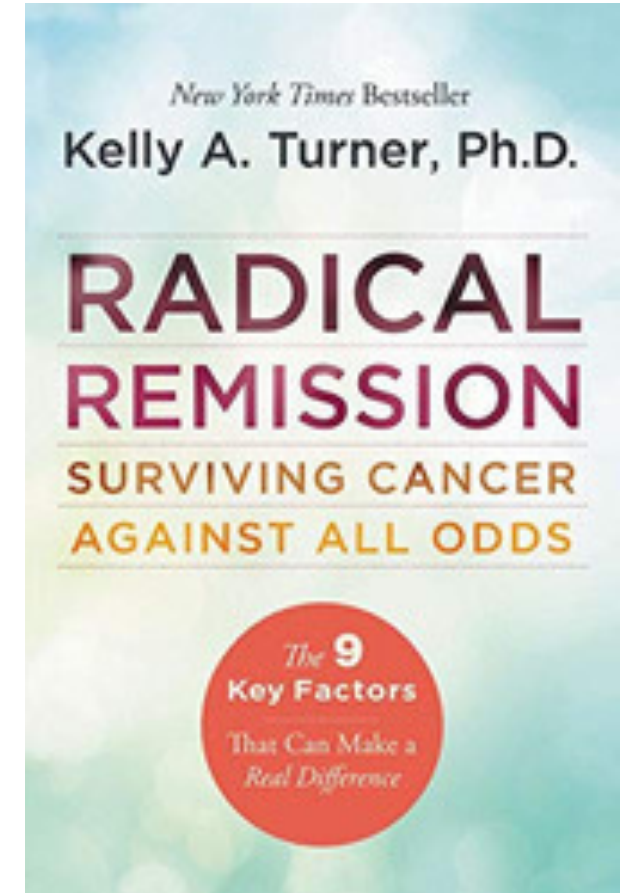
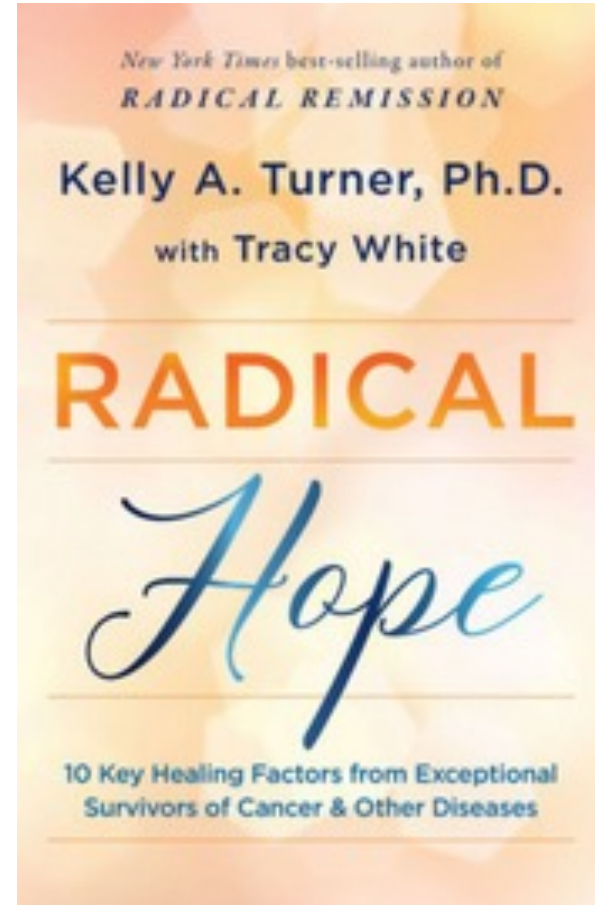
- Constraint of time, money & resources – big issues
- Parallel journey: my life choices & what do I tell patients to do in their life
- Providing patients with specific EBP interventions that promote wellbeing





# Radical Remission Approach

- Dr. Kelly Turner's hypothesis
- Co-exist with conventional medicine
- Primarily with cancer and other life limiting diseases
- What can we extrapolate to SUD?





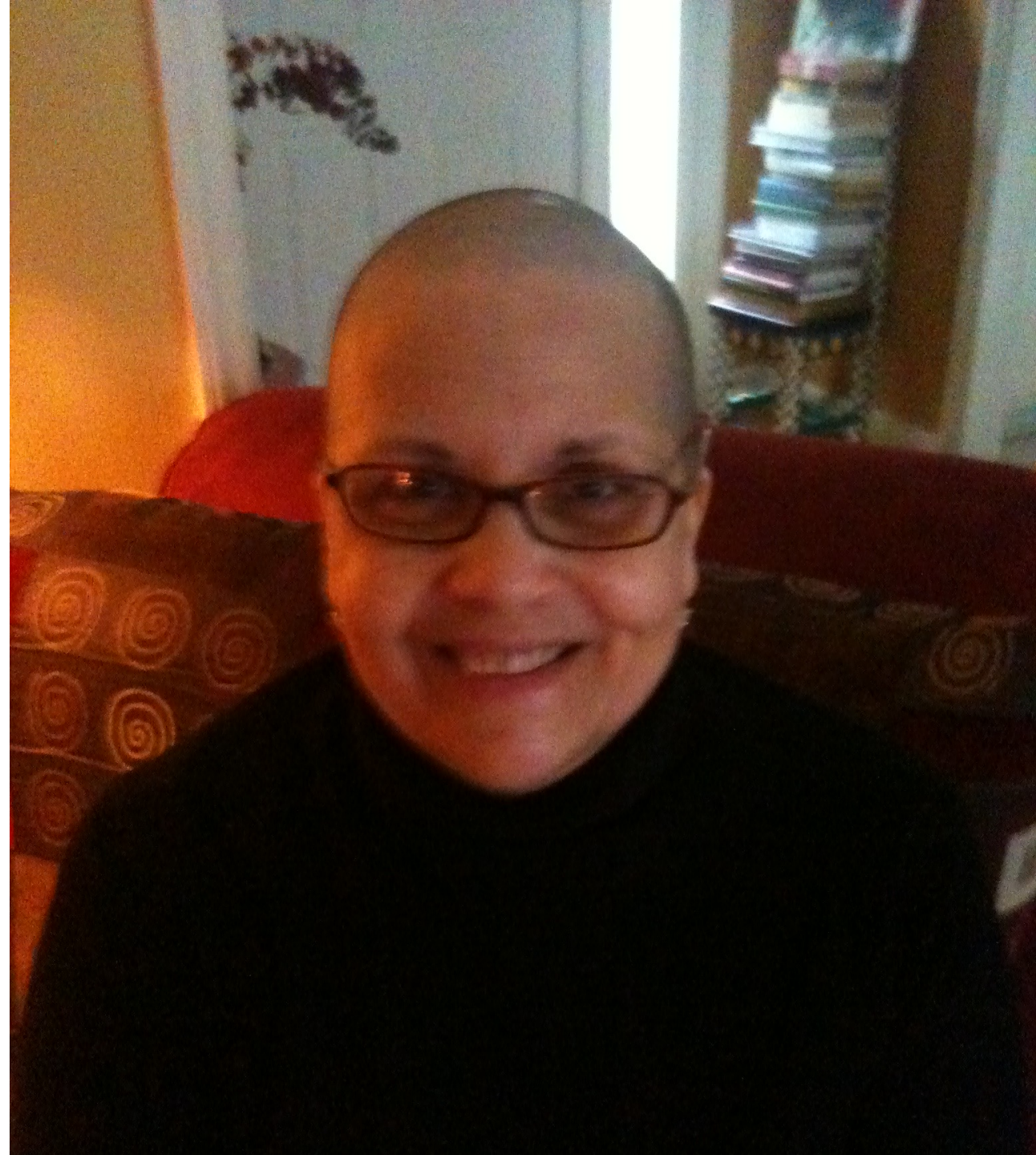
## 10 Factors Identified

- Strong reason for living
- Taking control of your health
- Embracing social support
- Deepening spiritual connection
- Exercise/movement
- Releasing suppressed emotions
- Increasing positive emotions
- Diet, herbs & supplements
- Following your intuition



# Why Does This Matter?

- My story starts in 2013
- Psychotherapist at UNC Cancer Hospital
- What is my body trying to tell me?
- What do I have control over?
- January 2023 will be 10 years disease free





# Thank you for listening

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- What are your thoughts?
- What questions do you have?

