



BENDING WITH THE BREEZE

Integrative Strategies for Wellness Across the Seasons

INTEGRATIVE MEDICINE AT HENNEPIN HEALTHCARE

The Person-Centered and Culturally-Inspired Division of Integrative Health at Hennepin Healthcare is grounded in a multi-disciplinary team dedicated to partnering with patients, community, and each other to nurture healing, uncover root causes of illness, and offer whole-person, customized care to cultivate well-being for everyone.



JOY IN THE DARKNESS

Drakirah Deichert, HHS Diversity Equity & Inclusion Coach

The word "joy" can feel so distant and unattainable. Joy, like light, may seem fleeting, especially in these dark winter months. The collective traumas and heartaches we've experienced these past years have made it seem even more distant. Darkness has become the norm and what we have grown to expect. So, when it feels like there is no light, I must remind myself that joy still exists; even if I can't see it, it is there. So, I turn inwards and ask myself, what do I need at this moment? Then I go to my curated toolbox of self-care skills built over the years of various healing modalities, resources, and helpful practices (from therapy to journaling to a supportive community), or does this moment need more than what I can provide? In that case, I seek out the additional help needed. We need to be gentle with ourselves as we go through hard times, collectively and individually.

"This too shall pass."

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate: only love can do that." Dr. Martin Luther King invites us to bring light and love to the dark. This invitation is not toxic positivity or dismissing negative feelings, however. All feelings are okay. We need to honor all feelings if we can. It's easier said than done. As Dr. Susan David writes in Emotional Agility, feelings are essential messengers; they provide valuable data.

In an article titled, How to Find Small Moments of Joy in Dark Times in Time Magazine, Philip C. Watkins, a professor of psychology at Eastern Washington University who's authored many of the leading research papers on joy, writes:

"Joy is the state of feeling freedom, safety, and ease. Unlike some other positive emotions, like compassion and contentment, experiencing joy often depends on preparing for it, rather than spontaneously feeling it".

The phrase "depends on preparing for it" reminds us that joy takes individual and collective action. It requires us to believe that joy is attainable even in the darkest moments. Preparing for anything can cause anxiety and take emotional energy we may not have to give. It is important to honor both that anxiety and the hope of joy. Some ways to prepare for joy include staying present, setting clear and joy-driven boundaries, identifying our support systems and communities, and knowing our triggers and how darkness impacts us, to prepare our armor for those challenging moments.

As we move through this holiday season, global experiences of pain, trauma, and darkness, a reminder for us all:

"We need joy as we need air. We need love as we need water. We need each other as we need the earth we share." – Dr. Maya Angelou.

Apple Pie Oatmeal

Ingredients

OATMEAL:

- 1 tbsp coconut cream
- 1/2 cup oats (quick cook)
- ½ cup water

APPLES:

- ¾ cup apples
- 1 tsp cinnamon
- some vanilla
- 1 tbsp coconut oil
- 1 tbsp water



Directions

1. Chop the apple. Add to a small cooking pot with some coconut oil, add cinnamon, vanilla and stir. Add 1 tbsp water, stir and cook for 2 more minutes.
2. Transfer the apples to a container and use the same pot to cook the oatmeal. Stir in oats and water, and coconut cream (top firm part of a coconut milk can) and cook for about 2 minutes
3. Put the oatmeal into a bowl, top with apples, some almond butter, honey or maple syrup, and/or nuts. Top with more coconut cream if you desire. Enjoy.

WINTER OFFERINGS

Group Medical Visits

- *Ear Acupuncture Points for Managing Pain, Stress, & Anxiety Drop-Ins*
- *Life Beyond Cancer Drop-Ins*
- *Recovering and Regaining Health from COVID-19*
- *Easing Pain Holistically: Emotions and Chronic Pain*
- *Blood Sugar Balance: An Integrative Approach to Diabetes and Protecting Heart & Brain Health*
- *Rest & Renewal Lifestyle*
- *Easing Pain Holistically: Emotions & Chronic Pain*

For more info on enrollment email groups@hcmed.org

Community Events

- **Mindfulness Based Stress Reduction** - Spring 2024 Dates TBD
- **Gentle Yoga for Cancer Care** - Contact riki-ann.thomford@hcmed.org for more info
- **Mid-day Mindfulness Practice Breaks** - Thursdays 12-12:30 (zoom)

For More Info on all Winter Offerings, Go To:

www.hennepinhealthcare.org/specialty/integrative-health/

PROVIDER SPOTLIGHT

Get to know Integrative Speech Language clinician Leann Taylor



Leann Taylor, SLP

What is your specialty? Speech Language Pathology

What do you love most about your job? I love having the ability to really get to know people from diverse backgrounds on a personal level. That never happens in my personal life.

What brings you comfort in winter time? Winter is my favorite season and I never travel anywhere south during the winter because I want to experience all of it. I love the cold, squeaking snow, and beautiful light.

What is a healthy pleasure of yours? When the snow is good, I cross country ski 2-3 times per week. When the roads are good, I commute by bike.



- | | |
|--------------------------------|---|
| Light Therapy Lamp | Puzzles and board games |
| Vitamin D supplements | Weighted Blanket |
| Your favorite comfort item | Comforting smells (candles, essential oils, lotions, etc.) |
| A onesie! | Winter Playlist |
| Your favorite snacks | Schedule a future delivery for yourself (flowers, food, etc.) |
| A journal to reflect in | Fidget and Fiddle Toys |
| Shower steamers and bath bombs | |

Warming
BY DG NANOUK OKPIK

She and I make a bladder bag to draw water from the ice trench.
She/I chain stitch/es a skin dressed in oil to make a new pot of soup.
She/I sew/s a badger hair rough around the top of her/my kamiks to make the steps windward, toward the limits of woman.
She/I eat/s club root and white clover to strengthen her/my silver body to bear a child. She/I map/s, following 1 degree from the North Star and 60 degrees from the end of the earth's axis on rotation for Ukpeagvik she/I use/s a small arc of ice, cleaving into parts, reduced to simple curves fitted with serrated edges of white flesh. She/I mold/s to the fretted neck of frozen water into a deep urn, made like a rock shelter or a cavern. She/I construct/s a hole on the surface of a glacier formed by melting particles of roe and pan reservoir dust from a shelter for the ice worms. Because the earth is molding, burning, laughing, and purging its crust.

