



## **Dimension 5: Holism/Holistic**

Virtual Workshop September 16-17, 2021 Rachel Mack, PhD, DNP, APRN

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**FUTURE OF NURSING**<sup>™</sup>

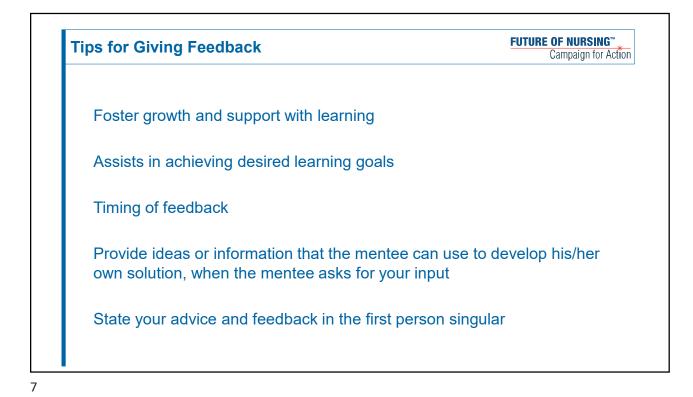


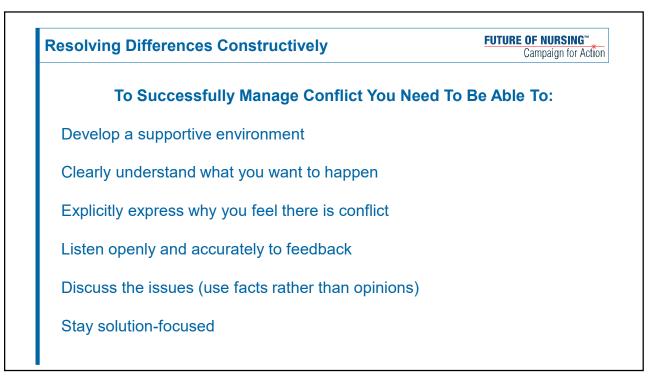
What is Holism?	FUTURE OF NURSING <sup>™</sup> Campaign for Action
<b>Holism</b> is a concept that recognizes a people and their environment are connected relationships, harmony, and balance is se	cted, and through these



cial Determinants of Health Tool				<b>FUTURE OF NURSING</b> Campaign for Action		
In the past year has the following	Did not Happen	Not at all stressful	A Little Stressful	Somewhat Stressful	Quite Stressful	Extremely Stressfu
happened to you?	0	1	2	3	4	5
	omeone clo neighborho	se to you od with high	crime, drugs	, and fightir	ng	
Living in a	neighborho				ng	
Living in a Not getting	neighborho g a work-rela	od with high	on due to rac		ng	

ocial Deter	cial Determinants of Health Tool				<b>FUTURE OF NURSING™</b> Campaign for Action	
In the past year has the following	Did not Happen	Not at all stressful	A Little Stressful	Somewhat Stressful	Quite Stressful	Extremely Stressfu
happened to you?	0	1	2	3	4	5
Being ill/h			your childre on of your ov			
Ũ		alth conditio				
Living in o	naving a he	alth conditio				





solving Differences Constructively	FUTURE OF NURSING" Campaign for Actio
Steps for Managing Conflic	ct:
Take time to reflect before addressing conflict. Con resolved in the moment, especially if there are emotion	
Write down what you think area(s) of conflict are an are area(s) of conflict. Be clear and specific.	nd why you think these
Prepare for conversation. Set a supportive climate.	
Be prepared to listen. Use active listening technique clarifying, questions, etc.	ues: paraphrasing,
Be prepared to move forward in a healthy, positive	way.