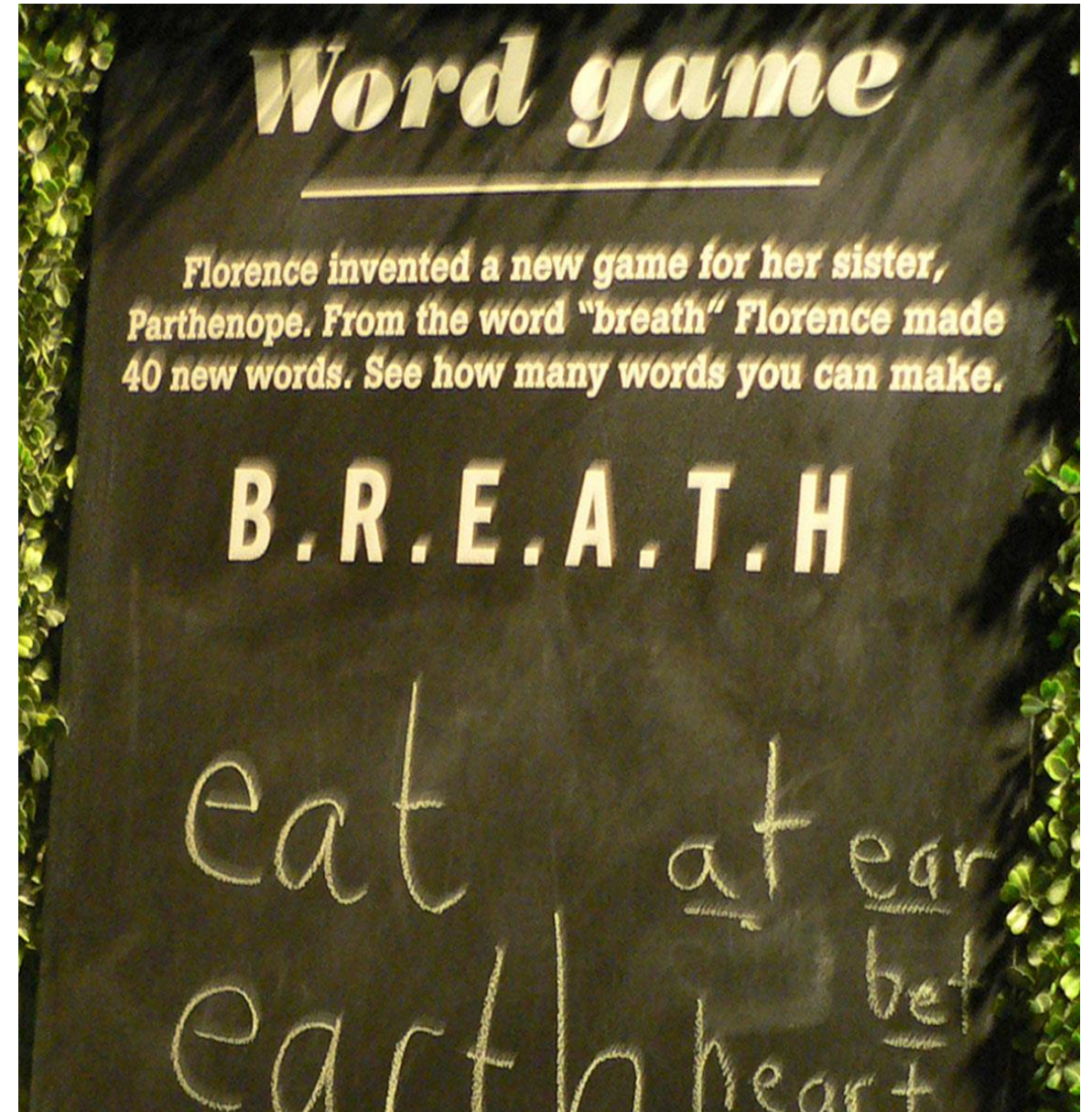


B.R.E.A.T.H:
a word game
Florence Nightingale
invented for
a safe environment

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Florence Nightingale said ...

*Nature alone cures ...
What nursing has to do
Is to put the patient in the best
condition
for nature to act upon him.*

Florence Nightingale (1820-1910)



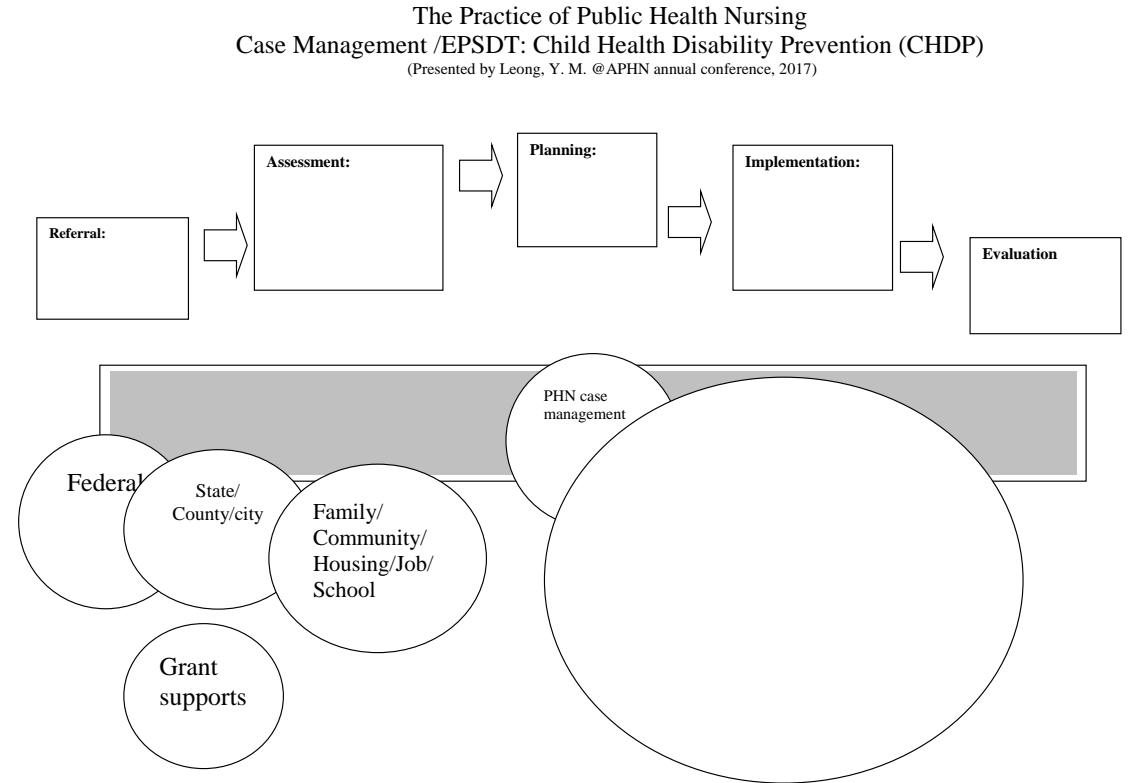
Presentation Objectives:

At the conclusion of this presentation, participants will be able to:

1. recognize the conditions and safe environments where *nature* can best act upon patients.
2. apply the practice of “taking a breath” to pause and construct narratives that document inter-generational trauma.

Disclaimer:

All opinions and positions are solely those of the presenter.



The Adverse Childhood Experience Study (ACEs)

To contribute to a safe environment, we need to pause and consciously take a breath to check our own 'pulse' and reach out to others in a non-judgmental manner.

“What happened to you?” Instead of *“What wrong with you?”*

Photo collage created for
Himawari-Kai: <http://himawarikai.org/en/>
International Institute of the Bay Area:
<https://iibayarea.org/>



A Life Course Perspective (Life Course Theory LCT)

When working across different languages, cultures and values, the disjoint between our expectations and reality can easily lead to misunderstanding and unnecessary conflict.



Trauma-Informed Care: Inter-generational trauma

We are surrounded by
emotionally disturbing news
from all over the world.

The March 11th 2011 earthquake
and Fukushima nuclear power
plant disaster in Japan is one
such example.

Visit Gold Hill, Summer 2008



Why *Fukushima*?

What happened and how?

How are issues of contamination monitored and addressed to keep a safe environment for future generations beyond Japan?

From the other side of the Pacific Ocean in California, how can I, as a public health nurse with family back in Japan, contribute to a safe environment?

Visit Fukushima Gold Hill, Fall 2011

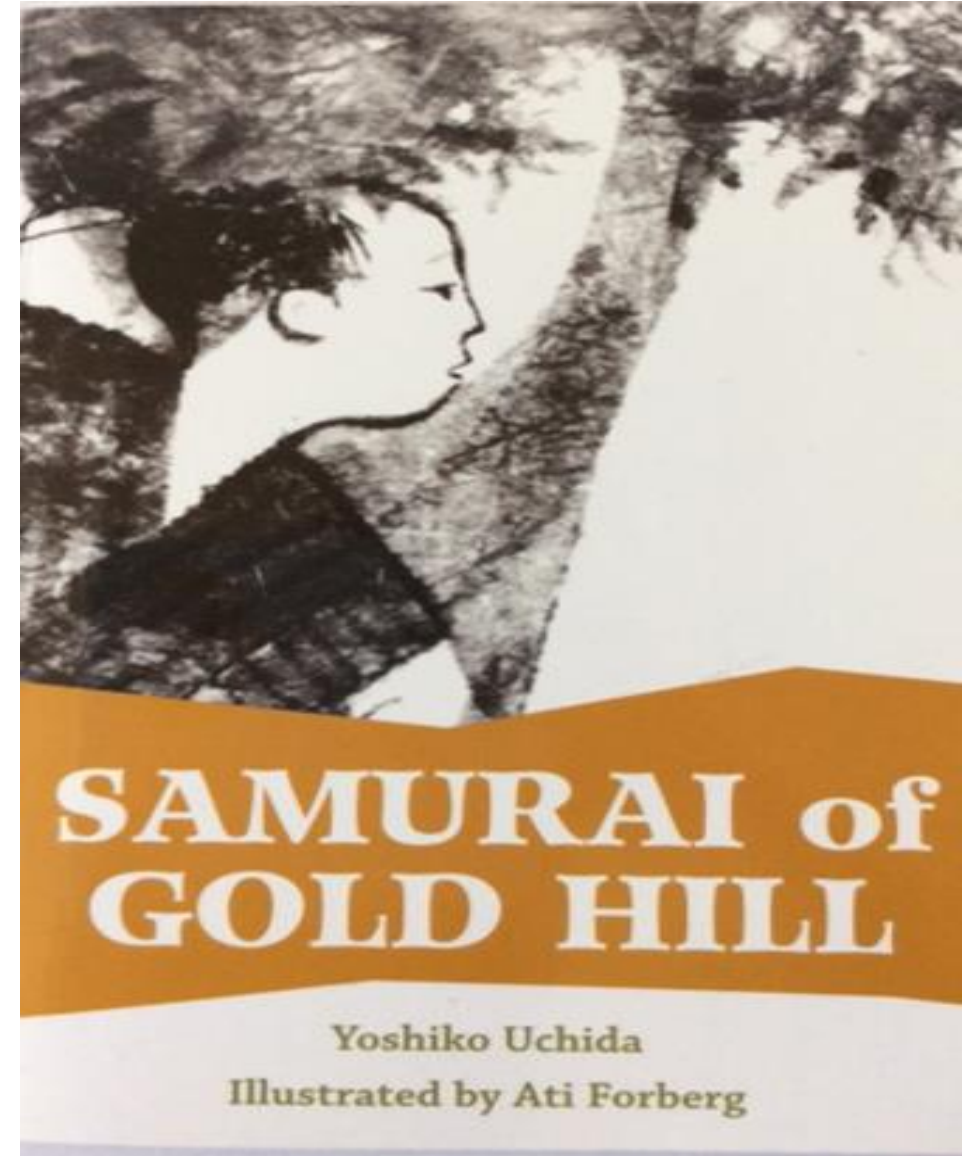


From a child's perspective ...

As a means to reflect on these questions, I have been developing the idea of Florence Nightingale's Word Game: **B.R.E.A.T.H.**, which she invented as *a childhood game* to play with her sister, Parthenope.

Create simple, short narratives to accept *who we are*, not who or what we are *supposed to be* or *do*.

Yoshiko Uchida (1921- 1992)
A Children's book Author, Berkeley



The Breath of Life ...

then the LORD God formed the man of dust from the ground and breathed into his nostrils the breath of life, and the man became a living creature.

Genesis 2:7 (English Standard Version)

Yokohama Kaigan Church,
the first Japanese Protestant Church
founded March 10, 1872



Take a breath ...

Play the **B.R.E.A.T.H.** game, and create short narratives of **inter-generational trauma** in the mind. For the people of Fukushima: my choice of words for the story are *Bird, River, Earth, Aizu* (Wakamatsu, Fukushima), *Tree*, and *Home*.

from the bell tower of Yokohama-Kaigan Church
Spring 2017

<https://www.kaiganchurch.or.jp/history-of-yokohama-kaigan-church/>



B.R.E.A.T.H

*Nightingale (**B**ird) Home and Training School opened along the Thames **R**iver in July 1860, and Japan was still closed to the world (**E**arth). In 1869, the civil war forced defeated **A**izu samurai to become the first Japanese immigrants to the USA, led by Prussian merchant, John Henry Schneil. They brought tea and mulberry **t**rees to plant along the American River in California, crossing the Pacific Ocean, with **h**ome so far away.*

Pollock's Toy Museum, London, Summer 2014

