



Personal Reflection – May 11, 2023

Affirmation and the Environment

A nurse from the Health Care Group visited recently. She had created the Plan of Care appropriate for me some months ago. She complimented the Health Care Aide's appearance and service. She told me I was a "favorite client". We both laughed and I thanked her for her affirmations.

In the Plan of Care the nurse had written that the Health Care Aide was to attend to the *environment* of the client. They do. And, I realized for the first time that a healthy environment is affected and enhanced by simple affirmations: "Thank you!" "That feels good!" "That tastes great" "You did a great job!"

Gentle, appropriate affirmations create a healthy environment, in families, partnerships, offices, factories, hospitals, governments, in the world.

Wow!

--Jane Vella