

## **Learning Reflection**

I knew that this BSN program would be impactful on my nursing career, but I never could have imagined the impact it had on my personal life as well. Learning about the science of change as well as the science of compassion from the books by Kelly McGonigal were inspirational. I enjoyed how they explained the science behind compassion fatigue as well as why it is difficult to make changes in life. This nursing science journal describes my journey to enlightenment in regard to taking care of myself, thru dietary changes.

This book promises to restore health thru seemingly simple interventions with a primary focus on gut health, specifically creating a healthy microbiome. The microbiome is a new topic is new to me. Perlmutter (2015) describes the human microbiome as the complex internal and external ecology that occupies our body. The knowledge I have gained from this book has given me the strength to make some serious changes for myself as well as for my family. I have made some stanch changes when it comes to caring for my microbiome, and I can honestly say that I am feeling much better.

Looking forward I will be considering how I can promote a healthy microbiome to prevent these disastrous effects on my own body. I am more aware of my sleep patterns, stress levels, and the food I am eating.

If I had to describe what this course and program have provided for me in one word it would be inspirational. As a RN it takes a lot for me to feel an emotion that I haven't already felt at some point in the last decade being a nurse. This book has truly catapulted my health in a direction I never could have predicted. I have a strong foundation of what total health means now, and that can only be attributed to this BSN program. In the past semesters I gained knowledge on understanding my purpose in life, understanding what it means to be a compassionate provider, and now finally understanding what it means to take care of myself. I never could have expected how this book has played a pivotal role in my life. I have been inspired to make some drastic changes in my life as well as be a positive influence for many others.

I never could have imagined such a personal transformation; I am so proud of myself and my fellow classmates for completing this program. Obtaining my BSN will not change my pay, nor give me a promotion at work, but the feeling of accomplishment, and the leadership skills I have gained make it worthwhile. Just as I have completed the last chapter of this book, this chapter of my life draws to an end, I wonder what the next page in my book of life will say.