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Compassionate Heart-Centered Healing of Body and Spirit

By Therese "Tosh" Stack RN

Acronyms help us to organize our thoughts and understand concepts.

What better acronym than HEART to depict healing modalities that are compassionate and heart-centered.



HEALING TRUST
Healing Touch
Reiki
Acupuncture
Acupressure



EMPOWERING SELF
Exercise
Yoga
Tai Chi
Qigong
Walking
Diet



ARTISTIC EXPRESSION
Journaling
Storytelling
Drawing
Painting



REDUCTION OF STRESS
Relaxation
Meditation
Massage
Music
Laughter
Aromatherapy



TRUST
Trusting in what our journey has to teach us
Trusting in what the healing journey has to give us



Therese "Tosh" Stack RN has 25 years of professional experience in maternal-child health, both in labor and delivery and in antenatal testing. Tosh currently works in UC San Diego Health System Antenatal Testing, in both Hillcrest and La Jolla. Helped to establish and develop the UCSD Mom to Mom program, where donations are collected from mothers who want to share their baby items with mothers in need of assistance. Tosh has a passion for holism, and she gives Healing Touch treatments to patients, friends, and pets. She is also an avid gardener, and spends her leisure time tending her garden, where she meditates and does Tai Chi.