

Week of 4/11/2021

As we continue to explore relational mindfulness, consider the following description of compassion from the book Attending written by Dr. Ron Epstein from the University of Rochester: “Compassion is the triad of *noticing another’s suffering, resonating with their suffering in some way*, and then *acting* on behalf of another person.” **How might brief moments of mindfulness practice further facilitate our innate compassion as physicians?**

Daily Practice:

Formal: Loving-Kindness Meditation (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated: Inviting a single breath before entering clinic or the hospital each day, and a single breath when leaving. Allowing a brief moment of presence at the end of the exhale.

Week of 4/25/2021

When extending compassion to those we care for, is there a strain? Or does it feel easeful and natural? Does it depend on a given set of circumstances? Or does it feel the same regardless of the opportunity to extend compassion? Perhaps something in between? **Over the next few weeks, consider noticing the sensations that show up in the body during these opportunities to extend compassion to our patients.**

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