

Week of 12/6/2020

In preparation for our sessions together next week, please **consider a moment in your life in which you have felt cared for**. A moment, however brief, in which you have felt at home, heard, or loved. This could be a moment with a friend, family member, pet, or mentor. It could be a historical figure with whom you resonate. Perhaps a spiritual guide from a religious or faith tradition. Even a particular environment like a mountain, beach or hiking trail. If this is challenging, perhaps consider a moment where you witnessed another person being cared for. **Practice calling to mind this caring moment as if it were occurring right here, right now.** Simply notice what takes place as you practice.

Daily Practices:

Formal: walking meditation (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated: walking mindfully (eg, when walking into the hospital, on rounds, or moving from clinic room to clinic room)

Week of 12/20/2020

During our virtual session last week, we explored the neuroscience of meditation, specifically of “**caring moments**” in our day to day lives: “Buddha’s Brain” by Rick Hanson, page 85, “Make it last by **staying with it for 5, 10, even 20 seconds**; don’t let your attention skitter off to something else. The longer that something is held in awareness and the more emotionally stimulating it is, the more neurons that fire and thus wire together, and the stronger the trace in memory (Lewis 2005).”

This week, consider **noticing these moments of being cared for**, moments of being loved. When a moment such as this shows up, **try pausing for 20 seconds** before moving on to the next moment in life. Specifically **stay with any particular body sensations, thoughts, emotions, or any of the senses** that are stimulated in that moment.

Daily Practices:

Formal: Caring Moment

Integrated: Pausing for 20 seconds after you notice a moment of being cared for

Week of 12/27/2020

As you have likely noticed by now, residency is challenging. There are moments of personal suffering. There are moments of bearing witness to the suffering of others. All of this is our training. Similarly, mindfulness is about bearing witness to our suffering and that of the world we live in. While relaxation can be an outcome of mindfulness practice, mindfulness is not inherently a relaxation technique. It is a way in which we may shine a light on our relationship with moments in which we feel cared for and supported, as well as moments in which we do not

feel cared for. **In the next week, consider noting moments in which you have NOT felt cared for. What body sensations, thoughts, emotions or behavioral patterns arise in those moments?**

Daily Practices:

Formal: Caring Moment

Integrated: Pausing for 20 seconds after you notice a moment of being cared for