

Week of 1/17/2021

In our previous session we invited an awareness of the moments in which we don't feel cared for during residency. In particular, we considered the sensations in the body, thoughts and emotions that arise in those moments. This week I would invite us to **notice our habitual reactions to these moments in which we may feel powerless, like a cog-in-a-wheel, or simply not seen.** Do I withdraw? Do I "fight"? Do I raise concerns with other residents or faculty? The intention is NOT to judge our reactions as good or bad (though judgments may arise!). **How might awareness of our reactions allow us the freedom to see clearly the best ways to respond in the moment?**

Daily Practices:

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

Integrated: Choosing from previous practices: walking, noticing transitions, holding "caring moments" in our attention for 5, 10 or 20 seconds

Week of 1/24/2021

In continuing our reflections on how we meet the challenges/stress/trauma of residency training, a quote from Jack Kornfield that one of my teachers shared with me comes to mind: **"All aspects of your life are your field of practice. The precise place to find freedom and compassion...every part of your life is sacred.** In Zen this is called 'no part left out.'" How does this quote land with you? Consider sitting with these words over the next week - either in a momentary pause. Perhaps in a journal. **What do you notice?**

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