

Week of 3/7/2021

In preparing for our next live virtual session next week, I'd invite us to consider the flip-side of relational mindfulness. Last week, we brought some attention to "mindful listening". Over this next week, consider the practice of "**mindful speaking**": speaking in an embodied way - truthfully, authentically, from the present moment. As a practice, you might consider intentionally pausing for a brief moment to check-in with yourself and what is true for you right now. And then speak. This may feel unnatural. **Notice what arises when you try this out.** Perhaps invite a spirit of curiosity about **how this way of speaking is different (if at all!) from how you usually speak.**

Daily Practice:

Formal: Self-Compassion Break

(Written: <https://self-compassion.org/exercise-2-self-compassion-break/>)

(Audio Recording:

https://self-compassion.org/wp-content/uploads/2020/08/self-compassion.break__01-cleanedbydan.mp3)

Integrated: In a moment of challenge, consider simply holding a hand over your heart, taking three breaths, or being kind to yourself in one small way, whatever feels right to you.

Note: practices such as the Self-Compassion Break are not intended to make the challenge or suffering disappear, but rather to allow space to hold in kindness the inevitable suffering that shows up in the practice of Medicine

Week of 3/28/2021

Consider taking 5 minutes and 1 second to practice the Loving-Kindness Meditation on our website sometime this week. There is a deep history to this practice that we can talk more about at our next virtual session. For now, notice what it feels like to extend these wishes. And in particular, notice what shows up for you and your relationship with the person or persons in this practice.

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.