

**Week of 5/16/2021**

As we enter into the final month of this training program, I would invite each of you to consider the following: **What ONE concept, practice, or reflection might you carry forward with you through residency training and perhaps beyond?**

Home Practice:

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

Integrated: Try talking with one or more of your patients about mindfulness. How do you frame what mindfulness “is”? In what contexts do you introduce mindfulness in a clinical setting? What questions come up for patients when you discuss mindfulness? Consider drawing from **your own felt experience** of mindfulness in these conversations.