

Week of 11/1/2020

The name of this program is “Supportive Training for Residents through Education in Mindfulness”. What does it mean to be supported? An invitation for this week: notice the moments in which you have felt a sense of support. **What do you notice when you are supported? What do you notice when you are NOT supported?** In particular consider noticing *body sensations, thoughts, and emotions*.

Daily Practices:

Formal Practice: Breath Awareness Practice

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

Integrated Practice: Mindful Communication

Mindful Listening - consider noticing moments/opportunities to listen as fully as possible for what is true for the patient you are speaking to, attending to their presence and words while noticing habitual tendencies to “plan” your response.

Mindful Speaking - consider noticing moments/opportunities to speak from your present moment experience. Noticing how this way of speaking may be different (if at all) from how you normally speak.

Week of 11/15/2020

One of the practices that residents have resonated with over the years is **walking meditation**. While setting aside time to practice a formal walking meditation may be challenging, consider ways to integrate the practice of **walking mindfully** throughout this week (and beyond!). Some suggestions:

- 1) You might practice by noting the sensation of the Earth on your feet.
- 2) Noting when you are walking with the intention of “doing” something versus walking with the intention of simply “being” present (thank you to Anna Johnson for this phrasing!)

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 11/22/2020

The theme of our last session was “**Short Times, Many Times**”. While the research is not yet conclusive about the necessary mindfulness “dose” to achieve quantifiable outcomes, preliminary data do suggest that even brief, regular practices may be salutogenic. This week, I would invite us to **notice the moments - even micro-moments - in our clinical practices that**

may allow for a short practice. For example, a pause prior to logging into the Electronic Medical Record or simply noticing both feet flat on the ground before opening a door in clinic.

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 11/29/2020

Continuing on the theme of “short times, many times”, it is sometimes hard to remember to practice mindful awareness throughout the day. I have sometimes “made it” to the end of a full clinic day and only then realized that I was holding tension in my jaw the entire time. A teacher of mine once suggested: **Take three stickers and place them in 3 common places you visit throughout your day.** For example, a resident work room in the hospital or clinic, a mirror in the call room, or your refrigerator. **When you notice this sticker, it may serve as a gentle reminder to pause just for a moment.** The pause may be a breath or simply noticing your feet on the floor. Or whatever serves you best.

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)