

## **Week of 10/4/2020**

In our meetings next week, we will have space to begin noticing how training attention/awareness of our body, thoughts, emotions and behaviors are relevant to our clinical work. If you are able to, please consider the following reflection over the next week:

Consider a time in your clinical practice in which you have “caught” yourself being aware in the moment. Perhaps it was a time when you noticed tension in your chest when having a difficult conversation with a patient. Perhaps it was an awareness of your own exhaustion. Perhaps it was a sense of joy that a patient’s surgery went well or they decided to make a healthy change in their lifestyle. If you find it hard to think of a moment in which you were aware “in the moment”, consider if there was a time that you did not notice the impact an encounter had on you until later in the day, week, or month following.

**What was it like to be aware of these experiences? Specifically, what did you notice in your body, thoughts, emotions or behaviors? How might noticing these moments support you and/or your patients?**

### Daily Practices:

Formal Practice: 3-Point Body Scan (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated Practice: 3 Breaths Practice - taking three simple breaths at various points throughout the day

## **Week of 10/18/2020**

Consider pausing once per day, even for just a moment, to notice, “What am I sitting with today, right now?” There are innumerable pulls on our bodies, our attention and our emotions throughout any given day in residency. Some of our experiences move easefully past us. Others stick. What happens if I take a moment to be still and be present with those things that I’m sitting with today.

### 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 10/25/2020**

As the daily practice invitations this month include a “breath awareness practice” and “mindful communication” (see below), a suggestion for this week would be to notice how the breath shows up in our conversations. When we sit with our patients, what happens to the breath? When we have discussions with family or friends, what changes (if anything) to our breathing pattern? Am I breathing or holding my breath? Is it short or long? Do I emphasize the inhale or the exhale? The intention here is simply to notice our patterns - in this practice there is no “right” or “wrong” way.

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.