

Moments of Pause, September 2020

Week of 9/20/2020

“Why is it important to take this class at this time in your life?” Here are a few of your responses across all three sessions last week. This week consider noticing - with kindness and curiosity - how these responses “land” in you. What do you notice in your body as you read these? What thoughts or emotions arise?

Seeking a community to practice mindfulness with

To help with self-judgments

Learning about something related and also perhaps “outside” of medicine

I’m starting residency - building up workload

I’m at the end of residency - it’s a time of transition

Help with telemedicine - to be present-minded in this new way of practicing medicine

I talk to my patients about it and want to experience it myself

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 9/27/2020

Consider noticing times in which we are in the “**doing** mode of mind” and when we are in the “**being** mode of mind”. The doing mode of mind is when we are “getting stuff done” - finishing notes, entering orders, going (rushing?) from the hospital to clinic, etc. The being mode of mind are the moments of pause throughout the day - taking three breaths, setting aside time to sit and eat a meal with a loved one, fully greeting a patient in the clinic room before logging on to the electronic medical record.

What is the doing mode of mind like? What body sensations, thoughts, emotions are present?

What is the being mode of mind like? What body sensations, thoughts, emotions are present?

Note: neither of these are “good” or “bad”. They are simply “modes” or ways of moving through our lives.

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