

Welcome

Theme: "Short Times, Many Times" (short periods of practice, many times throughout the day)

Movement Practice: Walking Meditation

Seated Practice: Noticing the felt sense being supported in the body, anchoring with the physical sensations of being supported

Group Sharing: What are you sitting with today?

Review of Session 2 (moments of awareness in our lives, dyad practice, mindful communication)

Reflections:

1) **What am I sitting with?**

2) **Noticing breath in patient encounters**

Home practices: breath awareness, mindful communication

Open question: what, if any, of these suggestions were you able to incorporate? What was supportive? What was less supportive? What showed up in the last month?

Group Reflection: What practices - thoughts, rituals, habits etc - do you find supportive? What does it feel like to be supported? In particular what body sensations, thoughts, or emotions are present when you feel supported?

Home Practice:

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

Integrated: walking mindfully (eg, consider noting the sensations of the Earth on the feet when walking into the hospital)