

Session 4 Summary

Welcome

Review of previous work to this point in time: introduction to mindfulness practice and various “doorways” into practice

Sharing “the view” about next steps: practicing receiving care, experiencing compassion as it shows up in our own lives; these practices as a way of noticing how caring for oneself in this way may facilitate healthier care of patients, healthcare systems, communities and societies.

Movement Practice: Seated stretching (<https://www.va.gov/WHOLEHEALTH/video/videos.asp>)
Seated Practice: 3-Point Body Scan

Mindful Inquiry: what did you notice? Any new noticings over the last month? Moments of pause?

Discussion of the neuroscience of meditation, specifically of “caring moments” in our day to day lives: “Buddha’s Brain” by Rick Hanson, page 85, “Make it last by staying with it for 5, 10, even 20 seconds; don’t let your attention skitter off to something else. The longer that something is held in awareness and the more emotionally stimulating it is, the more neurons that fire and thus wire together, and the stronger the trace in memory (Lewis 2005).”

Discussing What is a “Caring Moment”? Sharing examples as a group.

Home Practice:

Formal: Caring Moment

Integrated: Pausing for 20 seconds after you notice a moment of being cared for