

## Session 5

### Welcome

Review of previous work to this point in time: introduction to mindfulness practice and various “doorways” into practice; beginning the practice of receiving care

[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: Tai Chi warmups

Seated Practice: Caring moment practice ([fammed.wisc.edu/stream](https://www.fammed.wisc.edu/stream))

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

Reflection: we have reflected on moments of being cared for, noticing what that experience is in our body sensations, thoughts and emotions. We might consider those “pleasant” moments. The reality of residency training and our lives in general is that there is suffering. There are unpleasant moments. Here we have the space to begin dropping into those experiences as well. Recall a moment during residency in which you have NOT felt cared for. Perhaps a moment in which you felt disrespected, a moment in which someone doubted you, a moment in which you felt you were not being treated fairly. Or perhaps a moment of suffering in which you did not feel supported by your fellow residents, attendings, the health care system or the community that we serve.

Recalling this moment as if it were occurring right now. Noting the feeling of that moment - the senses, the sensations in your body, or any thoughts/emotions. If you feel comfortable doing so, please share your experience with the group.

Closing with a Self-Compassion Break practice

([https://self-compassion.org/wp-content/uploads/2020/08/self-compassion.break\\_\\_01-cleanedbydan.mp3](https://self-compassion.org/wp-content/uploads/2020/08/self-compassion.break__01-cleanedbydan.mp3))

Daily Practices:

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

**Integrated:** Choosing from previous practices: walking, noticing transitions, holding “caring moments” in our attention for 5, 10 or 20 seconds