

## Session 6

Welcome

Movement Practice (Tai Chi, walking meditation)

Sitting Practice (awareness of sound, breath awareness practice)

What did you notice?

How might mindfulness practice show up in residency, specifically in challenging times?

Group reflections, sharing stories/challenges

Closing Practice: Self-Compassion Break (Written:

<https://self-compassion.org/exercise-2-self-compassion-break/>, Audio Recording:

[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))

Home Practice:

Formal: Self-Compassion Break

Integrated: In a moment of challenge, consider simply holding a hand over your heart, taking three breaths, or being kind to yourself in one small way, whatever feels right to you.

**Note: practices such as the Self-Compassion Break are not intended to make the challenge or suffering disappear, but rather to allow space to hold in kindness the inevitable suffering that shows up in the practice of Medicine**