

## Session 8

Welcome

Movement Practice (Qigong standing movements)

Sitting Practice (Dropping In & What am I sitting with right now?)

What did you notice?

How has the loving-kindness practice been over this last month?

Time to practice discussing mindfulness in a clinical setting - either with patients or colleagues. Offering residents a chance to guide one of the practices we've done so far in the course (body scan, walking meditation, caring moment practice, loving-kindness practice, self-compassion break, movement practice)

Large Group Debrief

Closing Practice: Loving-Kindness Meditation

### Home Practice:

Formal: Loving-Kindness Meditation (<https://www.fammed.wisc.edu/stream/guided-practices/>)

Integrated: Try talking with one or more of your patients about mindfulness. How do you frame what mindfulness "is"? In what contexts do you introduce mindfulness in a clinical setting? What questions come up for patients when you discuss mindfulness? Consider drawing from **your own felt experience** of mindfulness in these conversations.