




Self-Reflective Practices

You can choose your own practices to try, and over time you can develop invisible and quick ways to interrupt your amygdala and bring yourself back to being fully present. Practices can be adjusted and should:

-  Fit within the time constraints that you face
-  Be something that you can practice without interfering with your colleagues or patients
-  Be a practice that you find useful for bringing yourself back to your centre



Moment-to-Moment Grounding Practices

Use these when you notice early signs of stress or tension.

- When reviewing a patient's chart, **shift to curiosity** and ask: *"I wonder what's going on in their life right now."*
- While handwashing or sanitizing, **take several deep breaths** and focus on the temperature of the water or the feeling of your feet on the floor.
- **Rub your finger and thumb together** and notice the ridges of your fingerprints.
- **Bring attention to physical sensations:** your hands on a surface, the weight of your body in your chair, or the feeling of clothing against your skin.
- **Focus on your breathing** — notice the temperature of the air entering your nostrils, the rise and fall of your chest, or the sensation at the back of your throat.



Intentional Reset Practices

Use these when you have a brief pause before entering a patient encounter.

- **Pause for three breaths** before entering the examination room and repeat to yourself:
 - *I am here, now, on this ground, breathing in this body.*
 - *I am having a difficult day and I have gotten through many other difficult days.*
 - *My patient is suffering, and I have gifts of knowledge, expertise, and experience that can help them.*
- **You can also reflect on the importance of the medicine you are offering** and set a mindful intention for the patient's healing.



Reflective Integration Practices

Use these daily or weekly to deepen awareness and integrate learning.

- **Reflect on or journal** in response to:
 - *What touched my heart this week?*
 - *What is one thing that surprised me this week?*
 - *Where do I feel I did my best work and how did that feel for me? How did the patient respond?*