

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



Short Practices

- When checking the patient's chart, **move to curiosity** and ask yourself, *"I wonder what's going on in their life right now?"*
- When handwashing or sanitizing, **take several deep breaths** and bring your attention to the temperature of the water on your hands or your feet on the floor.
- **Rub your finger and thumb together** to feel the ridges of your fingerprints.
- Draw your attention to the **feeling of your hands** on whatever surface they are on, **the weight of your body** on your chair, or **the sensation of clothing** against your skin.
- Draw your attention to **your breathing**. You might check in with **the temperature of air** as it enters your nostrils, **feel your chest rise and fall**, or **at the back of your throat**.



Longer Practices

- **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.*
- **Reflect on the importance** of the medicine they are presenting and make a mindful intention for the patient's healing.



Daily or Weekly Practices

- **Reflect on or journal** in response to the following questions:
 - *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?*