

## Mindful Techniques

**BASIC MINDFULNESS MEDITATION:** Sit quietly and focus on your natural breathing or on a word or “mantra” that you repeat silently. Allow thoughts to come and go without judgment and return to your focus on breath or mantra.

**BODY SENSATIONS:** Notice subtle body sensations such as an itch or tingling without judgment and let them pass. Notice each part of your body in succession from head to toe.

**SENSORY:** Notice sights, sounds, smells, tastes, and touches. Name them “sight,” “sound,” “smell,” “taste,” or “touch” without judgment and let them go.



**EMOTIONS:** Allow emotions to be present without judgment. Practice a steady and relaxed naming of emotions: “joy,” “anger,” “frustration.” Accept the presence of the emotions without judgment and let them go.

## Exercises for Physicians

- \* Notice and return attention to your breath 5 times during a shift.
- \* Mindfully introduce yourself to a patient; mindfully call them by name at least once.
- \* Mindfully wash your hands between patients. Notice how the water, soap and towel feel on your hands.
- \* Mindfully eat a meal or snack. Notice the taste, smell and texture of your food.
- \* Mindfully greet your partner, your child or your friend upon seeing them.
- \* Mindfully review any occurrences of silence and stillness in your day.
- \* When doing daily activities (brushing your teeth, petting the dog, making the bed, etc), pay attention, on purpose, without any judgment of thoughts or feelings that may come up.
- \* List either verbally or in your mind, what you are grateful for today.

