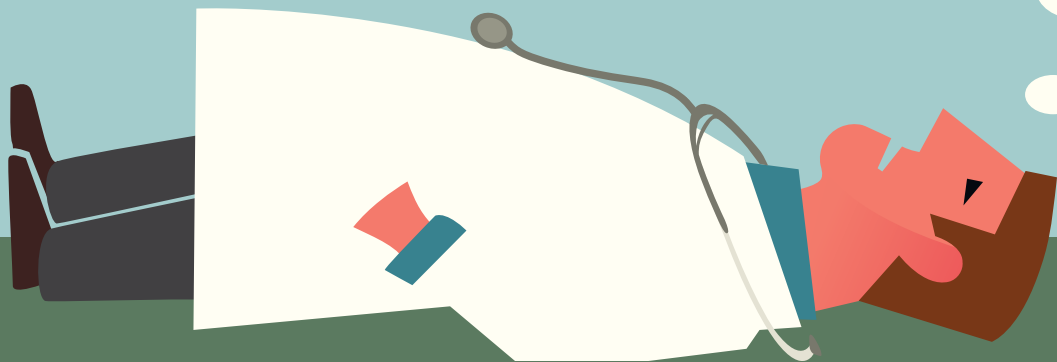


The Physician's Desktop Guide to MBSR

Mindfulness-
Based Stress
Reduction



Introduction

Mindfulness means paying attention to your present-moment experience with acceptance, kindness, and curiosity. Mindfulness training has been shown to help physicians decrease stress and burnout, and increase well-being and feelings of accomplishment. Even brief mindful practices can make a difference in your health. Here are practical strategies to help you effectively integrate mindfulness into your day.



On-the-spot practices



MINDFULLY OBSERVE YOUR REACTION TO A STRESSFUL SITUATION

Pause and notice your physical, cognitive, and emotional reactions.

Acknowledge the difficulty of the situation; offer yourself supportive, kind words.



PRACTICE DIAPHRAGMATIC BREATHING THROUGHOUT YOUR DAY

Expand your waistband with your breath, allowing your stomach to gently rise. As you exhale, your stomach gently returns to a resting position.

On the spot practices



DURING MOMENTS OF WAITING, OBSERVE YOUR BREATH.

Listen to yourself and your present experience with acceptance, friendliness, and openness. You can do this when you are waiting



for an elevator or are riding in an elevator,



for a meeting to start,



on hold on the telephone, or



for your computer to bring up information.



WHEN WASHING YOUR HANDS, BECOME AWARE

of your breath and of the sensation of the water on your hands. Notice your shoulders, your mood. Avoid reviewing your to-do list.



WHEN ENTERING A PATIENT ROOM, BRING YOUR ATTENTION TO THIS MOMENT AND YOUR BREATH.

Deliberately let go of your experience with the previous patient, and bring awareness to yourself.



**MINDFULLY BREATHE
WHEN YOU ARE WITH
YOUR PATIENTS.**

When a patient is stressed, continue breathing calmly yourself. If appropriate, invite the patient to take a slow, calming breath.

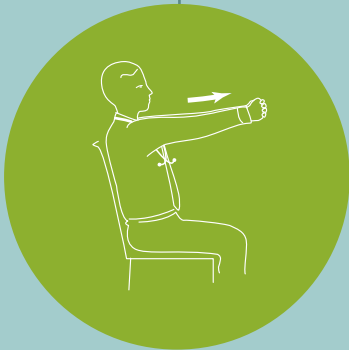


**BE FULLY PRESENT
WITH GREETINGS
AND GOODBYES.**

Whether you shake someone's hand, give a hug, or place your hand on his/her back, deliberately experience this moment of human connection.

Seated stretches

Incorporate mindfulness into your day with these quick seated stretches (*an excerpt from Leading Well™*).



With arms stretched in front of you and palms facing out, interlace your fingers. Hold for 20 seconds as you feel the stretch in the arms and shoulder blades.



With arms raised overhead, turn palms upward and interlace your fingers. Straighten your arms, elongating as you feel a stretch through the upper sides of your rib cage. When you elongate enough that it feels good, hold for 10 seconds.



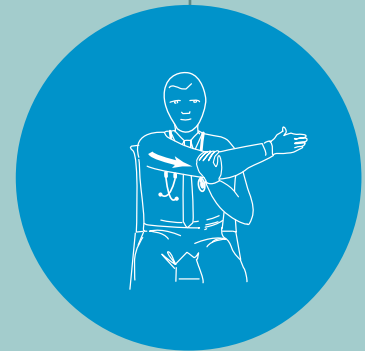
Extend your arms overhead and hold the outside of your left hand with the right hand as you pull your left arm to the side. Keep both arms as straight as possible. Feel the stretch in the arm, side of body, and shoulder. Hold for 15 seconds and switch sides.



Reach your right arm behind your head. With your left hand, hold the right elbow and gently pull behind your head until you feel a stretch in your shoulder or upper arm. Be careful not to overstretch. Hold for 30 seconds and switch sides.



Reach your hands behind your head and interlace your fingers. Align your upper body, and extend your elbows out to the side. Imagine pulling your shoulder blades together and create a feeling of tension through your upper back and shoulder blades. Hold for 8-10 seconds, and relax.



With your left hand, hold your right elbow and gently pull it across your body toward your left shoulder. Complete the twist by looking over your right shoulder, hold for 10 seconds, and switch.

Tips for well-being



MENTAL Live in the affirmative

Focus your valuable mental energy towards generating your next success. Remember phrases such as:

“Despite the day’s challenges, I can rest until tomorrow knowing I’ve completed a day of quality work.”

“Growing and stretching means occasional mistakes alongside my successes.”

“The quality care I provided today made a difference for _____.”





PHYSICAL

Take breaks, move your body, eat and sleep

Intentionally make these bare necessities important in your self-care rituals:



Schedule time off



Pack healthy meals for lunch



Treat sleep as a part of good nutrition



Reduce activities, medication, or alcoholic beverages that rob you of your sleep.



Create time to move and stretch your body during the day



SOCIAL Create a network, access your network.

Take these steps now.

Resist suffering alone. You may have access to a formal Peer Support Program, an informal network of professional supporters, or a counselor/coach who specializes in high-stress professions.

Identify and call your close peers today to line up mutual support:

Name: _____ Number: _____

Name: _____ Number: _____

Name: _____ Number: _____

Locate a stress reduction professional, coach, or counselor you would consider working with:

Name: _____ Number: _____

Physicians Insurance Peer Support Program:

(800) 962-1399

Learn more at www.phyins.com/peersupport

Guided Relaxation and Meditation



GUIDED RECORDINGS CAN HELP YOU QUIET A BUSY MIND, ACHIEVE STATES OF PHYSICAL RELAXATION, AND MENTAL CALM

They make the process of learning to relax or meditate easier for beginners, and they help those with more experience advance the practice.

Sample and download any of these four 10-minute guided practices by Carolyn McManus PT, MS, MA.



www.carolynmcmanus.com/cds/cds.html

- Progressive Relaxation (10:04)
- Mindfulness Meditation (10:11)
- Relaxation Body Scan (9:33)
- Loving Kindness Meditation (10:11)

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