

Some Suggested Self-Care and Self-Awareness Practices in the Workplace

- △ As you walk from your car to your workplace or through the corridors of your workplace, attend carefully to the sensation of contact between your feet and the ground.
- △ Set your watch or telephone alarm for midday each day. Use this as a prompt to perform some simple act of centering, eg, take 4 deep, slow breaths; yoga or stretching for 1-2 min in one's office/at one's desk; think of a loved one; recite a favorite line of poetry or a prayer; imagine weights around your waist and the words "ground, down."
- △ Reward yourself after the completion of a task, eg, an early coffee break.
- △ Call a "time out" (usually just a few minutes) as way of dealing with emotional flooding after a traumatic event; call a colleague saying "I need a walk" or a break.
- △ Stop at a window in your workplace and notice something in nature; consciously give it your full attention for a few moments.
- △ Take half a minute of silence or take turns to choose and read a poem at the beginning of weekly interdisciplinary team meetings.
- △ Before going into the next patient's room, pause and bring your attention to the sensation of your breathing for 2 to 5 breaths.
- △ Take a snack before the end of clinic to prevent neuroglycopenia.
- △ Stay connected to the outside world during the day, eg, check in with loved ones.
- △ Use the suggested 20 seconds of hand washing in creative ways, eg, pay attention to the sensation of the water on your skin and allow yourself to sink into this experience; make this an act of conscious receiving by acknowledging to yourself "I am worthy of my own time"; or repeat a favorite line from a poem or prayer; or sing yourself "Happy Birthday!"
- △ Don't be afraid to ask the question, "Is it time for a break?"
- △ Deliberately make connections during the day with colleagues and with patients, eg, use humor; look for something particular or unusual in the patient's room; or notice patient's birth date or age.
- △ Keep a notebook and write "field notes" on traumatic or meaningful encounters and events; occasionally take time at interdisciplinary team meetings to share this material.
- △ Deliberately develop a "role-shedding ritual" at the end of the day, eg, pay attention to putting away your stethoscope or hanging up your white coat; use the drive home from work deliberately, eg, take the longer more interesting route; listen attentively to the news, music, or books-on-tape.