

MINDFUL SHIFT

Checklist

Beginning:

- Set intentions; they guide attention and awareness

Examples: “I will remain present and focus on what I have control over”, “I will pause when judging myself or others”

During:

- Body scan as needed to maintain parasympathetic state
 - Belly breathing
 - Tension release
 - Hydration
- Take a moment to practice self-compassion
- Express gratitude or compassion toward a colleague
- Reach out for support / Be the support when needed
- Take breaks when possible and get fresh air outside
- Use non-violent communication during conflict

Ending:

- Acknowledge 1 negative experience
 - Let it go through acceptance or forgiveness
- Reflect on 3 things that went well

HERE & NOW RESOURCES

Mindful Resilience

FEELING SAFE MEDITATION

Being in the present moment is challenging.

The more we perceive our experience through identification with fear, the more the present moment will be challenging.

Here is a 5 minute meditation to help centering in the present moment.

[A Meditation for Feeling As Safe As You Reasonably Can](#)

(Youtube: Rick Hanson)



BODY SCAN

- **Allow awareness to turn inward**
- **Notice the breath**
 - Is the inhale through the nose?
 - Does breath move all the way so that belly rises?
 - Practice long, deep inhale and longer, deep exhale
 - Find a rhythm of breathing that helps you feel calmer
- **Notice body sensations**
- **Notice any tension or contraction**
 - Consciously allow area to relax through change in posture and soothing touch
- **Attend to body needs**
 - Hydration, nourishment, movement, fresh air



[3-minute Mindful Breathing Meditation](#)

(Youtube: Stop, Breathe & Think)

NON-VIOLENT COMMUNICATION

In times of crisis, interpersonal communication can become more tense. This is a tool for authentic self-expression with less likelihood of triggering a defensive reaction in the other. It's a "Wise Mind" approach to communication during conflict.

The steps involved in communicating this way involve

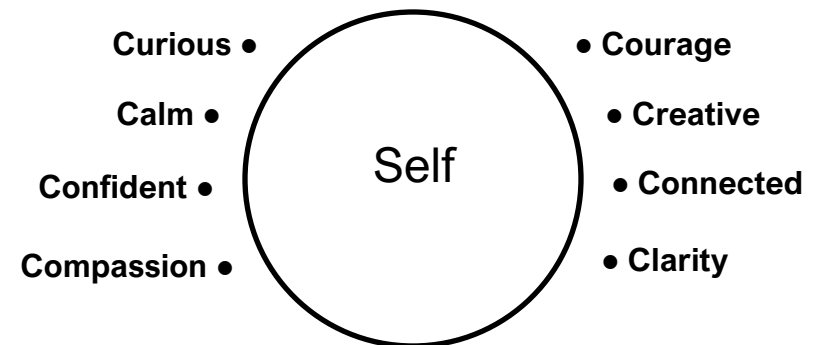
- **Observations** ("When I see/hear ...")
- **Feelings** ("I feel ...")
- **Needs/Values** ("Because I need/value ...")
- **Requests** ("Would you be willing to ..?")

Example (addressing someone yelling at you):

"When I hear you yelling, I feel like I can't collaborate effectively. I value a respectful relationship where we speak kindly to each other. Would you be willing to consider your tone of voice moving forward?"

TRANSPERSONAL SELF

Transpersonal refers to that which is beyond the separate individual (body-mind self). We have a core consciousness that can be called the Self, a state of being with a healing capacity. This Self has certain qualities that can be remembered as the "8 C's". When we approach challenges—internal or external—from the Self, we are more likely to heal.



GROUNDING TECHNIQUES

Polyvagal Exercise

To help regulate nervous system and prevent flight / fight / freeze responses. Best done laying down but can be done sitting or standing.

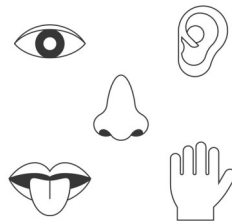
- Place clean, intertwined hands behind head with the thumbs at the base of the occiput. Allow head to settle comfortably into hands. Breathe gently.
- Without rotating the head, turn eyes to the left for 30-60 seconds, until you notice a yawn or sigh
- Without rotating the head, turn eyes to the right for 30-60 seconds, again until you notice a yawn or sigh
- Repeat as needed, recommend at least twice daily



5-4-3-2-1 Technique

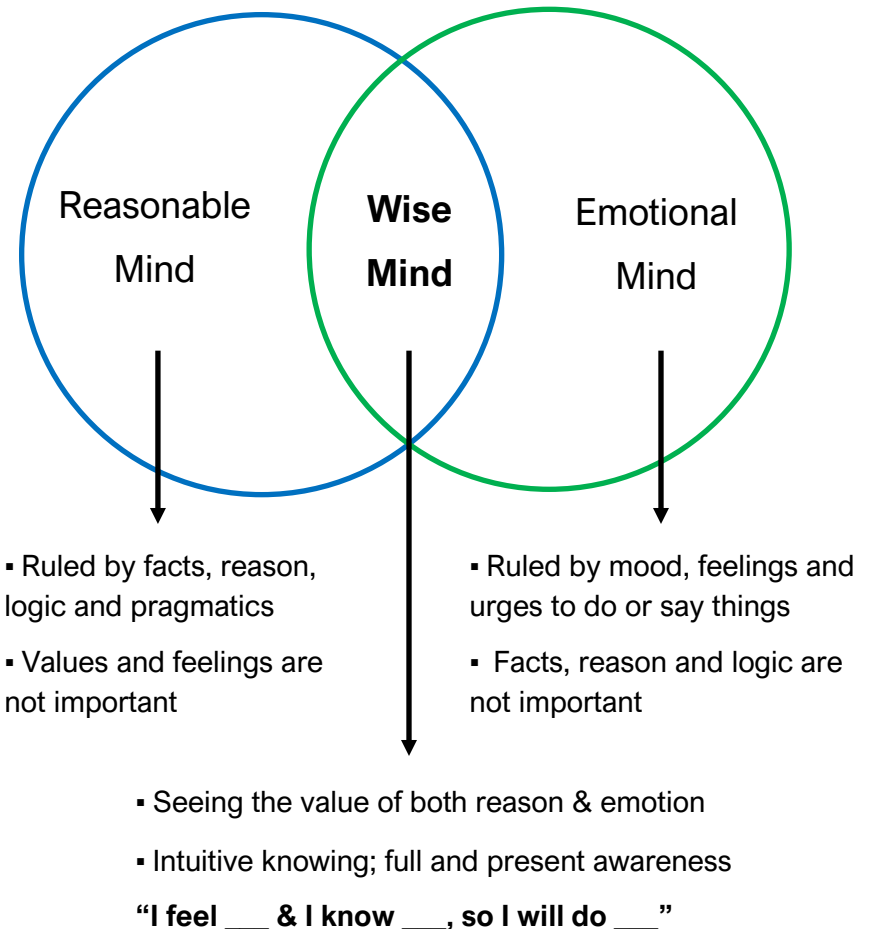
This is helpful in acute panic, to prevent dissociation.

- Close your eyes and take a few deep breaths, inhaling through nose and exhaling slowly
- Gently place hand on your chest
- Now open eyes and name out loud
 - 5 things you can see in your environment
 - 4 things you can feel
 - 3 things you can hear
 - 2 things you can smell
 - 1 thing you can taste
- End with a few deep breaths



MIND SCAN

Notice where your mind operates during crisis



Booklet made with Love for colleagues by:

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EMPATHY—COMPASSION

Empathy is the ability to feel another’s pain. Burnout in healthcare is often connected to empathic distress—it depletes our energy to internally experience others’ suffering, if we do not engage in plenty of self-care.

Compassion is recognizing suffering and taking action to alleviate that suffering; it is not identified with the pain and not attached to outcome.

- When you begin to identify with someone else’s suffering (empathy), use this information to consciously shift into compassion: **focus on what you have agency to help with.**

Self-compassion is being present with your own suffering, holding your own pain with love and not judgment.

- If you are currently struggling with an issue, take a moment to consciously acknowledge- “This is hard for me right now, as a human being”
- Notice your inner dialogue: is it harsh and judgmental, or accepting and nurturing?

Compassion and self-compassion are of the same energy. In order to cultivate more compassion in the world, we can start with self-compassion. Many of us do not practice enough self-compassion; for instance, we may place our sense of worth as a provider on the outcome of the clinical situation. If this resonates for you, consider this 11-minute meditation as a way to consciously practice self-compassion. RAIN, a tool for compassionate self-inquiry, stands for Recognize—Acknowledge—Investigate—Nurture.



[The RAIN of Self Compassion](#)

(Youtube: Tara Brach)



WELL-BEING ACTIVITY PLANNING

What are self-care activities that work well for you and that you can practice more regularly? Can you think of new activities to integrate into your day? Write them out here as a reminder.

BODY

Examples: Run, swim, sunscreen, warm bath, cup of tea, eat real food, drink more water, get enough sleep, limit drug use (sugar/caffeine/alcohol)

MIND

Examples: Watch a funny video, limit news exposure, journal, cook, call a friend, draw a picture, psychotherapy, music, write a politician, read

SPIRIT

Examples: Yoga, meditate, listen to birds, pray, random act of kindness, presence in nature, gratitude log, gaze at a flower, forgive someone

ONLINE RESOURCES

[Stanford Healthy Living Classes](#)

Offering in-person and web-based classes in categories such as Contemplative practice, Health enrichment, Nutrition & Weight, Prevention & Medical management, and Stress & Resiliency. Class fees can be reimbursed with tuition funds. (Currently all classes are web-based.)



[UC Berkeley Greater Good Science Center](#)

A vast, free portal of evidence-based resources, including articles, podcasts and practices. The GGSC studies the psychology, sociology and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society. Highly recommended: monthly Happiness Calendar with a daily topic.



Free app. Developed by 2 former Stanford psychologists, Woebot is a chat bot trained in cognitive-behavioral therapy (CBT) that aims to help you better understand negative feelings and stress. For example, if you find yourself experiencing anxiety, it will ask you to identify particular thoughts and then work on reframing these thoughts. It is not a replacement for real therapy, but it can help you practice self-reflection and develop new skills. Think of it as a virtual coach for self-care.

Free meditation app (with subscription option). Billed as the largest database with over 30,000 free meditations, music tracks and ambient sounds to help calm the mind, reduce anxiety, manage stress, sleep deeply and improve happiness.

InsightTimer

LETTING GO OF FEAR

Fear is by definition future-oriented—*something bad will happen*. In the present moment, there are actual problems. When the mind projects into the future, we are no longer in the present.

The paradox of letting go of fear is that first you must befriend it. You must have the courage to look at it, understand the story behind it, and then question who you would be without this story. Fear has the noble purpose of wanting to keep you safe. In the present moment, what actions can you take to maintain that purpose?

Fear intensifies when there is resistance to it. Fear that remains unconscious—unacknowledged—will eventually manifest itself in another form, such as when we become aggressive and defensive in our behaviors.

When you befriend your fear, approaching it with openness and without judgment, it changes quality and so does your experience.



PARASYMPATHETIC EXERCISE: Mandala Coloring

AWARENESS OF ACUTE STRESS SYNDROME

Avoidance

- Of people, places and activities associated with trauma

Dysregulated sympathetic arousal

- Hypervigilance, insomnia, irritability, difficulty concentrating, restlessness, easily startled

Functional distress

- Unable to function well enough to care for self adequately
- Unable to resolve interpersonal conflict as before

Dissociation

- Feeling numb, detached, emotionally unresponsive
- Reduced awareness of surroundings
- Derealization—environment feels unreal
- Depersonalization—thoughts & feelings seem unreal
- Amnesia (complete dissociation)

Re-experiencing the trauma

- Intrusive images, flashbacks, nightmares

It is normal to experience some of these symptoms in the context of a collective trauma, such as a pandemic, especially for those on the front lines. However, if you are having an overwhelming experience that you cannot cope with, it is crucial that you get connected to mental health support. Unaddressed symptoms that last beyond 1 month could evolve into a chronic condition, such as PTSD.

Contact Beacon for mental health linkage: 855-281-1601

Employee Assistance Program—short-term, solution-focused resource at no cost. By calling the toll-free number, you can immediately speak to a trained professional, 24/7. Depending on your need, the representative will match you with a licensed counselor for a face-to-face or tele- session within 24 to 48 hours of your call.

CRISIS RESOURCES

DISASTER DISTRESS HOTLINE

24/7, free and confidential national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

- **800-985-5990** (English & Spanish)
- Text **TalkWithUs** to **66746** (Text Hablanos for Spanish)

NATIONAL HELPLINE

24/7, free and confidential information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment, support groups, and community-based organizations.

- **800-662-HELP (4357)**

SUICIDE PREVENTION LIFELINE

24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones, and best practices for professionals.

- **800-273-TALK (8255)** (English)
- **888-628-9454** (Spanish)

STANFORD CHAPLAIN

- Voalte **SHC On Call Chaplain** or Smart Page **1-LOVE**