

Shuswap North Okanagan Division
Mindfulness in Medicine
April 18, 2019

How Do We Bring Mindfulness into Our Daily Lives?

- 5-4-3-2-1
- Transitions (work-home, one exam room to the next etc)
- Boundaries – not owning what is not yours
- Eye color
- SOBER Breathing Space
- Mindful Walking
- Touch
- Noticing body language
- Meditation practice
 - Insight Timer
 - Headspace
 - CALM
 - Stop-Breathe-Think
- Gratitude
- Books
- Mindful micturition
- Mindful handwashing