

Appendix 5, as supplied by the authors. Appendix to: Weisbaum E, Chadi N, Young LT, et al. Improving physician wellness through the Applied Mindfulness Program for Medical Personnel: findings from a prospective qualitative study. *CMAJ Open* 2023. doi: 10.9778/cmajo.20220252. Copyright © 2023 The Author(s) or their employer(s). To receive this resource in an accessible format, please contact us at cmajgroup@cmaj.ca.

TOP 6 MINDFULNESS ACTIVITIES FOR PHYSICIANS

How, Where & When to Apply Mindfulness

1

Practices*

Breath Awareness

"While hand sanitizing" - Emergency
"In the elevator" - Palliative Care
"While the OR is being cleaned" - Surgeon
"In between patients when taking notes" - Ophthalmology
"When stopped at a red light" - Emergency
"Before sleep" - Adolescent Medicine

2

Mindful Eating

"End of the day to transition between clinics and meetings"
- Rheumatologist
"During lunch to really benefit from the short break"
- Psychiatrist

3

Mindful Walking

"Between my office and meetings or clinics" - Cardiologist
"Around the hospital basement corridors" - Rheumatologist
"On the way to work (especially if running late)" - Psychiatrist
"Between the elevator and office" - Palliative Care
"Between the parking lot and the office" - Surgeon

4

Concepts*

Habit Energies

"Helps to be aware of where certain habits come from and to change behaviours" - Neurology
"Helped to realize how harsh and judgmental I can be towards myself"
- Ophthalmologist
"Useful to see what automatic tendencies I have that are draining"
- Ophthalmologist
"Being aware of habits helps stop knee-jerk reactions and find better ways to communicate" - Ophthalmologist

5

The Four Nutriments

"Recognizing you consume "not just food but content" can help you make choices in how you interact with other people and whether this gives you positive energy" - Ophthalmologist
"Helps frame your thinking when trying to be mindful" - Emergency

6

Storehouse Consciousness (Watering Seeds)

"Helps to recognize and manage emotions like anxiety rather than letting them run rampant" - Palliative Care
"Helped to water patience and compassion, rather than frustration when interacting with a patient" - Psychiatrist
"Helped have compassion for leadership during budget cuts without acting from a place of anger, while also not just squashing the anger"
- Psychiatrist

Tips for application

- Integrate brief doses of mindfulness throughout the day *"long enough to be meaningful, short enough to be manageable"*
- Apply mindfulness tools during activities you do already e.g. while driving, walking, riding an elevator, seeing a patient
- Bring a kind experimental attitude towards whatever you try, mindfulness should not be another task you have to "get right"

TOP  MINDFULNESS ACTIVITIES FOR PHYSICIANS
How, Where & When to Apply Mindfulness

Practices	Concepts
<p>Breath Awareness <i>Anchoring attention in the sensation of breath. The aim of this practice is not to clear the mind, but to notice when attention wanders and when possible, with an attitude of kindness/curiosity, re-orient attention to the anchor of the breath.</i></p>	<p>Habit Energies <i>A framework used to examine the roots of our strong habits, how they may push us towards certain behaviours and ways we might transform our relationship to them.</i></p>
<p>Mindful Eating <i>Applying mindful awareness to eating. For example, noticing the colour/texture of the food, enjoying the taste, noticing if the mind wanders to the future or past and re-orienting attention to the act of eating. Tip: try doing just one thing at a time, put down your utensil between bites so when you are chewing you are just chewing.</i></p>	<p>The Four Nutriment <i>This framework proposes that we consume more than just edible foods (e.g. difficult conversations, news programs, social media) and encourages us to explore how this consumption impacts our wellbeing and what modifications we might want to make to our consumption to support our wellness.</i></p>
<p>Mindful Walking <i>Bringing mindful awareness & attitudes to the act of walking. For example, even if walking quickly, try to orient attention to the present moment, rather than thoughts about the future or replaying the past. Anchor attention in the act of walking and the details of the world around you.</i></p>	<p>Storehouse Consciousness (Watering Seeds) <i>Metaphor for the mind: our unconscious is filled with many seeds (e.g. anger, frustration, happiness, joy) and our daily experiences water different seeds (e.g. a difficult interaction with a colleague might water a seed of frustration) resulting in their growth. With this awareness, we can consider selective watering approaches to support skillfully cultivating the landscape of the mind.</i></p>