

Disclosures

Today's speaker has no financial relationships with an ineligible company relevant to this presentation to disclose.

None of the planners have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients

All relevant financial relationships have been mitigated

The logo for UW Medicine is contained within a white circle on a blue background. It features the text "UW Medicine" in a serif font, underlined. Below this, in a smaller sans-serif font, are the words "UW SCHOOL OF MEDICINE", also underlined.

UW Medicine

UW SCHOOL
OF MEDICINE

CME Credit & Text Attendance!

TEXT CODE: 13352

Sign-In Using Your Cell Phone

1. Send a text message to 833-394-7078
2. The message should be the email address associated with your CloudCME Profile (UW faculty and staff should use their UW email address).

Provide Course Code Using Your Cell Phone

1. Once you send a text message, you will receive a reply text:
“Thank you John Doe, MD, your phone number has been updated to 2065431050.”
2. Once you receive the message *“Your phone number has been updated”* please continue by entering the text code: 13352.

Session 6: Making it Count- Reconnecting to Core Values

- **Core values**
- **Setting an Intention**
- **Program and Practice Review of Mindful Self-Compassion for HC communities**

(Hayes et al., 2012; Lindsay & Creswell, 2014; Wilson & Sandoz, 2008)



Core Values

- **Core values vs. goals**
- **Examples of core values**
 - **Compassion, generosity, honesty, service...**



(Hayes et al., 2012; Lindsay & Creswell, 2014; Wilson & Sandoz, 2008)

list of values

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability

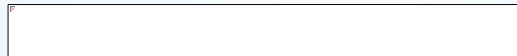
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance

Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:

Summary of Practices

- **Being a Friend to Yourself**
- **Supportive Touch**
- **Self-Compassion Break**
- **Moments of Mindfulness**
 - **STOP Practice**
 - **Check-in w/ present moment (thoughts, emotion, body)**
 - **Soles of the Feet**
- **Motivating yourself with compassionate phrases**
 - **Setting an Intention with Core Values**
- **Compassionate note to self**
- **Labeling Emotions**
- **Awareness of body sensations associated w/ emotions**
- **Acknowledge, Soften and Support**
- **“Breathing in for me and out for you”... “Everyone is on their own life journey”**



Breakout Rooms (9 min)

- What touched you?
- What would you like to practice daily/weekly going forward?
- What would you like to remember?
- ~ 2 - 3 mins each

Breakout Rooms (9 min)

- What touched you?
- What would you like to practice daily/weekly going forward?
- What would you like to remember?
- ~ 2 - 3 mins each

**Please respond (succinctly) to any
or all of the three inquiries**

- 1) A take-away from this program?
- 2) A practice you'd do each day or week?
- 3) Name an intention going forward

Session 6: Summary & Key Practices

Summary:

- Core values
- Practice - what worked, what needs more practice?

Key Practices:

- Identifying core values
- Setting an intention
- Making it count - practices for you
- *Resources with links at end of Class Summary*



Thank you!

Please Fill Out the Evaluation.



We Really Appreciate Your Feedback!