Mindfulness & Work-Life Integration

A 6-session 12 week course for Physicians and Physicians-in-Training

**Why do you come to work each day?**

**Do you work to live or live to work?**

**Are you burned out on the practice of medicine, and feel as though the stress and tension just isn’t worth it?**

**Are you fairly content, but feel as though there must be a better way to go through life than on perpetual auto-pilot?**

Mindfulness meditation provides an approach to handling stress, integrating the different domains of your life, and ultimately the ability to “roll with the punches” that we all face at some point in life. Presented in a completely secular and accessible format, this course is specifically designed for physicians and physicians in training at all levels, and will discuss some of the unique challenges faced in practicing medicine while also living a “regular” life.

**Dates:** January 10, January 24, February 7, February 28, March 7 and March 14

**Time:** 4:00pm – 5:00pm

**Location:** ACB 220

**Requirements:**
- Willingness to attend all classes and commit time to practice after class.
- Due to the evolving nature of the course, missing any two consecutive classes (particularly the first two) is discouraged.
- No special reading or background knowledge is required.

**Registration:** Seats are limited, please register by contacting Jolene Turpin at 743-3010 or by email at jolene.turpin@ttuhsc.edu no later than December 20th.

**Instructor:** Sharmila Dissanaike MD, Associate Professor of Surgery, has 25 years of experience as a meditator, primarily in the Insight tradition. She offers a perspective on pursuing inner development while building a busy academic career and leading a full & integrated life.

**Sponsors:** Division of Integrative Medicine of the Department of Family Medicine and Office of Faculty Affairs and Development