

# Emotional Resilience - Lesson Sample 4

## Occupation Specific – Healthcare

A patient is suffering/in pain.



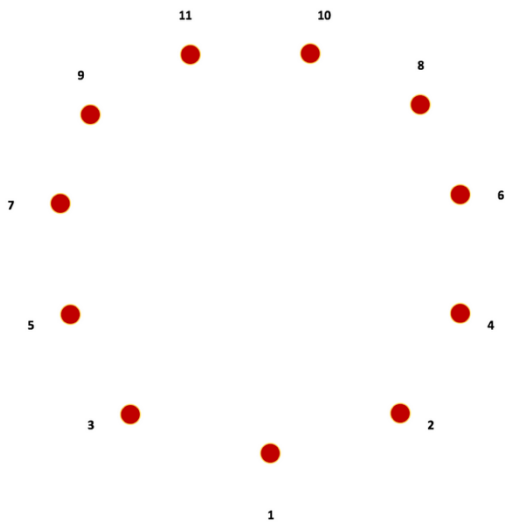
### 1 Minute Activity



*One of the goals, if not the ultimate goal, of anybody in health care, is to ease suffering. As PSWs are not infallible, the technology is changing very quickly, and new discoveries happen almost every day, yet easing suffering and pain can be a difficult task.*

- Connect the dots of following the numbers.
- Take a breath in and out between each number. (Breath in between 1 - 2, breath out between 2 -3)
- With each breath, silently repeat: *I am loved.*

This can be done either by a finger on the screen of your device or by printing it and drawing it on paper.



[Click here for the downloadable version.](#)

## 5 Minute Activity



Work with the thumb along with the index finger to softly massage your earlobes in small circles.

- 1) Close your eyes and breathe normally without manipulating your breath.
- 2) Pay attention to your body sensations. Name them.
- 3) Reflect on the temperature of your body. Where do you feel warm or cold? Are your earlobes warm or cold?
- 4) After massaging your earlobes for a few minutes, move your fingers up to the centre of the outer part of your ears, and lightly rotate the entire ear in small circles.

**Repeat the following phrase 3-5x:**

*I am loved.*

**Repeat it again and pay attention to how the breath flows through your body.**

When you are ready, open your eyes, take a couple of deep breaths and move to the next patient.

## Meditation

After a stressful encounter with a patient, we need to practice some tender loving care for our body and soul. Today's meditation teaches us how to be compassionate to ourselves. This meditation takes approximately 20 minutes.

**Click below to start.**



## Reflection



When we live our life with passion and energy the fear that we might experience will disappear. In your journal reflect on things you are passionate about. What colours would you associate with your passions? Are they bright and vivid, reds and blues?

Imagine a day with your patients that is full of passion for what you do. What would a day like that look like? How would it feel?

## Rationale

In this session, we have chosen supportive activities that should ease PSWs' discomfort caused by possibly fear, frustration and the feeling of inadequacy.

- The one-minute activity introduces auriculotherapy - reflexology of the ear. The auricle of the ear (the external, protruding portion), can be viewed as a microsystem of the entire body. Studies have demonstrated that ear stimulation increases levels of endorphins and aids relaxation.
- The 5-minute activity is to stop our negative thoughts. By concentrating on movement, breathing and repeating a mantra, there is no space left on ruminating.
- The meditation in this session is a loving-kindness meditation with a focus on ourselves as it is often what PSWs forget. Loving-kindness meditation has been studied extensively and it delivers a myriad of scientifically proven benefits including improved communication of the vagal nerve and a higher HRV.