

Release the Load: Meditations for Clinicians & Practice Staff who think they can't meditate

PHN EDUCATION SESSION

This is such a demanding time for those in primary healthcare. Taking care of ourselves so we can take care of others has never been more important. Making the time for self-care and lifting the burden through meditation are proven factors in avoiding burn out, anxiety and depression.

The PHN (Hunter New England Central Coast PHN) and The Well Being Initiative are offering 12 meditative sessions designed to lift the load and re-group. Each session involves a brief introduction to the meditation style, brief evidence base, innovative breathwork and stress release. Various relaxing exercises, tools and guided visualisations are all suitable to those who have never meditated and those who have. Drop into any session or enrol for all of them.

SPEAKER: Kim Durga is a former barrister who represented litigants in stress claims arising from workplace anxiety, depression or burn out. She founded the Well Being Initiative, a charity that runs programs for health workers to assist them to manage the load, and the feelings of overwhelm, compassion fatigue and relationship challenges.



WHO: GPs, Nurses, All Practice Staff, Allied Health, Pharmacy

WHEN: Monday 6th September, 6.30 pm first session of twelve until Thursday 14th October.

WHERE: Online via Zoom [click here](#) to register (Zoom Meeting ID and Passcode will be sent after registration)

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Lift Meditation Sessions

SESSION NO.	DAY / DATE / TIME	SESSION DESCRIPTION
1	Monday 6 Sept. 6.30pm-7.10pm	I can't meditate! yes you can - Your mind might drive you nuts when you try to meditate, but you haven't tried lift. Be amazed at what you can do and how good it feels.
2	Thursday 9 Sept. 1.00pm-1.40pm	Dump what's been dumped on you – Absorbing stress from patients, colleagues and others? Releasing the cranky, scared, frustrated, angry and ugly stuff.
3	Monday 13 Sept. 6.30pm-7.10pm	Inner Spa in Lockdown – Do you normally leave work feeling drained and empty? Overwhelmed? From wired sympathetic tone to nourishing parasympathetic tone, enjoy a nervous system relaxation.
4	Thursday 16 Sept. 1.00pm-1.40pm	Releasing Interpersonal Stress and Conflict - Whether it's with your patients, work colleagues or at home, relationships can drive us nuts. This meditation works wonders to lift, shift and refresh.
5	Monday 20 Sept. 6.30pm-7.10pm	Today I've done my bit - Doing My Best is ample. Knowing that I am enough, valuing my wellbeing. Awareness of the signs of burn out in self and colleagues, winding back the stress, permission for self-care.
6	Thursday 23 Sept. 1.00pm-1.40pm	Over it Overwhelmed - Defrag your mind - Short of supplies, patience, answers, stamina? Change what you can, let go of unreasonable demands and unrealistic expectations that have been placed upon you in this crazy time.
7	Monday 27 Sept. 6.30pm-7.10pm	Got Nothing in the Tank – Fill your Cup. Arriving home exhausted and drained is hard on you and on your loved ones. A meditation to set free the stresses of the day so we don't end up sharing it with our loved ones.
8	Thursday 30 Sept. 1.00pm-1.40pm	Ready to Erupt – Sick of Incivility - Release the pressure of being yelled at and expected to meet unrealistic demands. Let go of the residue of dispiriting fog, cut from worries and anxieties that foster errors.
9	Tuesday 5 Oct. 6.30pm-7.10pm	Visioning a New Normal – Meditation - Reminding ourselves the Covid 19 crisis will not last forever, finding heart, finding hope and peace. Tuning in to what you need to last the distance.
10	Thursday 7 Oct. 1.00pm-1.40pm	Self-Care Awareness and Guided Visualisation - Cutting from draining people, the importance of caring for self in the Caring Profession.
11	Monday 11 Oct. 6.30pm-7.10pm	Ditching the Stress of an endless marathon - Connecting with self through breath work and sound bath. Grounding and being in the now, and maybe a bit of inner bliss.
12	Thursday 14 Oct. 1.00pm-1.40pm	Visioning a New Normal - Brief evidence for workplace benefits of meditation. Re-envisioning my working world towards a more supportive, caring and cohesive workplace experience.