

## **A DAILY PRACTICE TO RESTORE EQUANIMITY**

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*The Witness to Witness Program*

<https://www.migrantclinician.org/witness-to-witness>

- 1. Start each day by remembering that your intention is to offer compassionate, competent care to those you serve.**
- 2. Notice sensations in the body that are signaling that you are in distress. Pause and take a few, full breaths.**
- 3. If possible, create a buddy system so that you are able to check in with someone about what is challenging for you.**
- 4. Take a moment at a specified time each day – brushing your teeth in the morning, at lunch –to think about how much a loved one cares for you.**
- 5. Recognize that circumstances, not you, may produce harms.**
- 6. Repeat: Everyone, including you, is just doing the best that one can do.**
- 7. Be kind to others and yourself whenever possible.**
- 8. Find one thing that one person did that day and offer a verbal, brief appreciation. It's particularly good if this acknowledgment and appreciation can be observed by at least one other person.**
- 9. When you leave work, take good care of your body, mind and spirit. Take a moment of silence to allow your soul to catch up with you.**