



## ***“Let’s care for the caregivers.”***

This simple inspiration to serve is at the heart of Mindful Medicine, a non-profit organization dedicated to cultivating provider wellness and resiliency.<sup>1</sup>

### ***Healthcare providers are burning out at alarming rates.***

The impact of burnout on their capacity to care for themselves and their patients is a problem that affects us all. Through twice yearly [retreats](#) (offering 9.5 CME credits) and free monthly community practice groups (available to caregivers either [in person](#) or via [Zoom](#)), Mindful Medicine is committed to teaching providers self-care, coping and resiliency skills, fostering empathy and compassion and creating a community for providers to connect and collaborate.

### ***We teach secular, practical mindfulness<sup>2</sup> skills<sup>3</sup> which:***

- Improve self-care, as well as patient care
- Reduce stress, improving attention and emotional intelligence
- Increase compassion for self and others
- Improve cooperative problem solving with patients and coworkers; and
- Help providers rediscover the joys of practicing medicine in a positive community

Mindful Medicine’s current board includes both providers and mindfulness teachers. Please visit our website at [mindfulmedicinepdx.org](http://mindfulmedicinepdx.org) to learn more.

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<sup>1</sup> Mindful Medicine is a 501(c)(3) nonprofit organization (Tax ID: 46-3513976)

<sup>2</sup> Mindfulness, defined by Jon Kabat-Zinn, the founder of Mindfulness-Based Stress Reduction (MBSR), is “moment-to-moment, nonjudgmental awareness, cultivated by paying attention in a specific way, that is, in the present moment, and as non-reactively, as non-judgmentally, and as openheartedly as possible.”

<sup>3</sup> Skills taught in our retreat have been shown to improve burnout, stress and mindful awareness in a pilot randomized controlled trial. The research by Dr. David Schroeder et al was published in the [American College of Lifestyle Medicine](#) in January 2018.