**EPISODE 209: Break the Stress Cycle: Mindfulness Techniques to Master Your Thoughts and Emotions**

**With guests Dr. Jessie Mahoney and Dr. Ni-Cheng Liang**

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JM: “In medicine, we're so trained to react and to do things by rote that we often do our emotions by rote and our reactions by rote. And mindfulness helps you connect with yourself. Notice like, ‘Oh, I'm agitated, let me pause and breathe.’ Mindfulness helps you lengthen the pause between the trigger and the response.”

HF: Welcome to The Doctor's Crossing Carpe Diem podcast. If you're questioning your career in medicine, you've come to the right place. I'm Heather Fork, a former dermatologist and founder of The Doctor's Crossing. As a master certified coach, I've helped hundreds of physicians find greater happiness in their career, whether in medicine, a nonclinical job, or something else. I started this podcast to help you discover the career path that's best for you and give you some resources and encouragement to make it happen. You don't need to get stuck at the white coat crossroads. So, pull up a chair, my friend, and let's carpe that diem.

Hey there, and welcome to the Doctor's Crossing Carpe Diem podcast. I'm your host, Heather Fork, and you're listening to episode number 209. I just want to mention, if you haven't heard this before, that we are going every other week with a podcast starting November 2024. I'm not sure how long this will be, but we're just easing back a little bit. So, if you are missing a week of the podcast, that is why, but there will be one the next week.

All right, on to today's episode. I'm curious, do you suffer from the Monday dreads? So do you find yourself spending Sunday dreading the week ahead, unable to really enjoy your time off and be present with family or friends? Or maybe you notice that your buttons get pushed easily, whether at work or at home, and you wish you had more control over your responses instead of being reactive? Hello? Do you sometimes find yourself stuck in loops of worry, doubt, or what-if thinking?

Well, welcome to being human. And if you're a physician, welcome to being human in a very stressful profession. It's incredibly common to feel like your mind takes control of you. That's why we often call it the Monkey Mind, making it hard to choose your thoughts and emotions. But there's good news here. Mindfulness and meditation offer tools that can make a real difference and help.

In today's episode, we'll be focusing on mindfulness, and then I'll be diving more into meditation in the next episode, just in time for the holiday season. I'm thrilled to have two very special guests who bring a wealth of knowledge and personal experience to the practice of mindfulness. They co-host the Mindful Healers podcast, where they share techniques that help physicians and others cultivate awareness and find calm amidst the chaos.

My wonderful guests today are Dr. Jessie Mahoney and Dr. Ni-Cheng Liang. Dr. Mahoney is a pediatrician, certified coach, yoga and mindfulness teacher, and wellness consultant. She offers transformative mindset and mindfulness coaching and leads CME wellness retreats.

Dr. Liang is a cancer survivor, mindfulness teacher, and director of pulmonary integrative medicine. She has been recognized for her work in wellness, mindfulness, and integrative medicine, and has been named one of the 10 powerful women of the mindfulness movement by Mindful Magazine.

Today, they'll help us understand what mindfulness truly is, how to practice it, even when you don't think you have time, and how it can help us be more present, manage stress, and respond thoughtfully to life's challenges. So without further ado, it is my distinct honor and pleasure to welcome Dr. Jessie Mahoney and Dr. Ni-Cheng Liang to the podcast. Well, welcome. It's such an honor to have both of you here today.

JM: Thanks for having both of us.

HF: Yes, and I'm just curious if you want to share how the two of you decided to start a podcast together, because that's a big deal.

NCL: It grew out of the Mindful Healthcare Collective, which was started right around the time of the pandemic, knowing that physicians were already at least 50% burnt out, knowing that the pandemic was just going to worsen that. The very informal Facebook group started more than four years ago now, and we have offered, thanks to Jessie's free yoga classes, over 300 free wellness events since then to healers, basically. And I personally have always wanted to start a podcast, and it was very natural to partner with Jessie, who has her areas of expertise, and we work really well together. And most of all, I thought it would be fun.

HF: Well, thank you, Ni-Cheng. Knowing what it takes to put a podcast together and keep it going, I'm very impressed. I'm curious to hear from your perspective, Jessie, how this came about for you.

JM: I think both of us had talked about wanting to do podcasts, actually, separately, and we work in many of the same areas and yet have many different perspectives. And so, I think one of the things that both of us have done, I would say, a fair bit of work on is doing things that we want to do and doing things that sound fun, as well as helpful. We're so trained in medicine to just do the thing we're supposed to do, or the next thing, or the helpful thing.

And so, we had been in many different spaces together, including the Mindful Healthcare Collective, and I think it occurred to us that we could do this together, and that would actually be more fun. And I will say it absolutely has been more fun to do it together and to have a partner. And while we do most episodes together, we do some separately with guests, sometimes we do them alone.

And so, it's given us that flexibility, which, as I was hearing you say, you were going to every other week. And I would imagine if either of us were doing it alone, we might not still be doing it, or we might be at every other week, because it gives us this sort of cushion of grace and compassion for each other, and a space if there's something that we want to talk about to have that banter.

And given the work that I do as a coach, I also find that for me, many people find me through the podcast, and they learn a lot about you and about your style. And so it's a chance to get different perspectives on things. And while it's absolutely a labor of love, it's kind of a fun way to put things out into the world. Our medicine mind goes into this, “What are people going to think of me? What are they going to judge?” And you hear very little about that in the podcast world, you just put it out there and let it be. And that, I think, feels also kind of safe and fun as a way to explore new things.

HF: Yes. Thank you, both of you for putting this resource out there, because it's a powerful tool, mindfulness. I'm excited to dive in and help our listeners learn more about it who are interested. Ni-Cheng, would you like to help us understand what exactly is mindfulness? Because we hear it a lot, but some people may be like, “Well, what exactly does that?”

NCL: Sure. It's a state of being of paying attention on purpose to the present moment without judgment. And that definition comes from Jon Kabat-Zinn, who's the father of the Mindfulness Based Stress Reduction program. To simplify all of that, though, I like to say that mindfulness is allowing the mind and the body to be here at the same place and the same time.

HF: Can you give us an example of how a physician might be not practicing mindfulness and what something looks like? Maybe they're reacting to something that just happened. Maybe a patient said a sarcastic comment or they find out that their OR time is delayed or whatever it is. How can the practice of mindfulness change that dynamic? I want to start off just with let's get down and dirty and let's give us some concrete examples.

JM: I am going to jump in and answer that, actually, because I think mindfulness helps you lengthen the pause between the trigger and the response. And so, as you mentioned, the surgeon reacting. The beauty of mindfulness is it trains your parasympathetic nervous system over time, and you can lengthen that pause. And even a nanosecond length of pause can allow you to catch yourself and pause. I like to say pause and breathe and then decide how you want to move forward.

I think in medicine, we're so trained to react and to do things by rote that we often do our emotions by rote and our reactions by rote. And mindfulness helps you connect with yourself. Notice like, “Oh, I'm agitated. Let me pause and breathe.” But without practicing mindfulness and having that capacity to pause, that's where we get ourselves into trouble reacting.

And as you mentioned, I'm a pediatrician, so many people listening might be parents. It's the same thing. We react. Our kid does something, we react. And so, mindfulness gives us that space to decide, “Oh, I notice I'm reacting” and catch ourselves and then choose with intention, we often say, a path forward.

HF: And so, what's actually happening that's creating this reaction that we don't seem to have that much control over? Ni-Cheng, would you like to address that?

NCL: Yeah. Oftentimes there are stressors working in healthcare. And all of the incidences that you just mentioned, Heather, could be micro stressors or macro stressors, depending on if a really big case is getting delayed, what implications that has, for instance. With the stressors, even if they are small versus large, we are programmed to have a very quick reaction to that with our fight or flight system. Our sympathetic nervous system is going to kick online. And when that happens over and over and over again, when it doesn't have to be triggered so frequently, it causes us to have basically all of the implications of chronic stress on our bodies. It takes a toll on our mind, body and spirit, our overall well-being.

HF: Exactly. Now we're talking about external triggers, but obviously there's a lot of time, could even be 90% of our time that we're in our mind, but we're not mindful. So, can you talk a little bit about this? And Jessie, maybe you want to field this one about what's going on that we're not mindful when nothing's triggering us externally?

JM: Well, I think when we're not mindful is we're not aware or we're not present. Much of our lives in the world today is distracted, but when we're not paying attention to what's going on and we're just listening to noise in our head, which many of us have a lot of noise in our head and a lot of stories, that that's keeping us out of the actual experience. And so, the intention of mindfulness is to draw you into the present. When we're not being mindful, we're in the future, we're in the past, and we're not sort of saying, “Oh, what's happening here in the present?”

And there are a lot of studies that actually show that when we're present with patients in the exam room, for example, they have a better experience of the encounter and perhaps your scores might be better. That's why a lot of people sort of wanted physicians to practice mindfulness because it improves that connection or relationship.

And I do like to always say that while some people told us to be mindful and told us that this was good for doctors, and I think for some people, mindfulness has a negative connotation because we were told, “Oh, if you're just more mindful, this job will be fine.” And you can't mindfulness your way out of a not healthy job situation. But mindfulness could actually help you to see, “Well, is this a not healthy situation? Or what am I contributing to the situation?” And really assessing what is the situation. It's being aware of what's going on in your mind and your body in the present moment.

HF: All right, exactly. That's a great explanation. We hear so much about be present, don't be in the past, don't be in the future. And there are books, there's Eckhart Tolle's The Power of Now, and there's so many podcasts and teaching on being present. But I'd like to help us really understand the challenge of that, because it's so simple, but very, very challenging. On a scale of zero to 10, how would you rate the difficulty of someone who's really not used to being mindful and used to being present, to all of a sudden tomorrow, be mindful and be present? With 10 being this is really, really hard and zero, not at all.

NCL: I think it's so dependent on the person and also the circumstances. And we will talk a bit more about how mindfulness can be accessible to anyone, anywhere, anytime, doing or not doing anything. But if you approach it in a way such that it is a choice that you can make, as opposed to how hard it is, it might be more accessible. And people might be more willing to try to incorporate living mindfully. Because it can be one, it can be literally just paying attention to the support of the ground beneath your feet in that one second. And I would call that a one. But meditating in silence, in a sitting posture for 45 minutes to 60 minutes, which is also one way to meditate, that might be a seven, eight or nine for someone who hasn't practiced mindfulness in that formal way ever.

HF: And I like that distinction that you made about it being a difficult thing to do or being a choice that you want to do because of the rewards and benefits. Jessie, I'm curious, let's say we have a physician listening out there, hopefully there'll be a lot of them who say, “Yeah, I've heard about this, I've even done” and maybe they do some meditation, maybe and they do some mindfulness, but they said, “I need something more concrete, because I think of this, I do a little bit of it, but then I really don't make much traction.” So, what are some suggestions for someone listening who wants to start incorporating this more?

JM: And that I think is literally a matter of pausing and breathing. And you can choose what your trigger for that could be. I used to actually in pediatrics breathe with children, because I was going to listen anyway. And so I'd breathe with them and slow down and really attend to the breath. And that you're just noticing what happens when you breathe and they breathe. And in the pediatric encounter, in particular, the parents actually often start breathing with you too. And the whole energy shifts. Sometimes people will pause, touch the door handle and breathe, for example. Sometimes you might in the midst of a crazy afternoon, pause and breathe in your office before you go into the next exam room.

I used to do three deep breaths at the worst part of my day, which was 04:00 o'clock in the afternoon, that's the chaos time in pediatrics. And so I would often want to go get chocolate. And instead, I had this note on my computer that said “Breathe, not chocolate.” And if I did the breathing, and I still wanted the chocolate, I could do that. But usually once you paused and really took three deep breaths, you'd say, “Oh, I feel better, I can keep going on.” And so for me, it's often breathing.

The other one that I love to do is hand to heart. And that can be done anywhere, anytime. Well, not when you're driving, but otherwise anywhere, anytime when your hands are free. And I have found that you can do that in the exam room, you can do that at the dinner table, you can do that while you're talking to someone on the phone. And so thinking that that is something that the physical practice of self-compassion, which is part of mindfulness. And so, it can bring your body and mind back into the same spot, because you're connecting to the fact that you have a heart and something's going on in there. And it just sort of helps you drop into the presence in a quick and easy way.

HF: I love that. And I love that you're breathing with the kids and the parents would join in, you could feel the energy shift, because it really is the vibration does start to shift, your brainwaves change. And so, it's definitely evidenced externally. Ni-Chang, I'd love to have you weigh in your two practical steps for incorporating mindfulness.

NCL: As a pulmonologist, since you were just talking about the breath, the slow deep breathing, especially if you drag out the exhale, can help upregulate parasympathetic tone. It's going bring the vagus nerve online. That physiologically is what's happening with those deep breaths. And of course, you can do it with your adult patients too. When you're listening to their lung sounds, you breathe with them and you drag out their exhale.

Other ways can start right upon awakening in the morning, just taking a moment to notice the support of whatever you're sleeping on. So noticing points of contact between your body and points of support, the ground in that moment of mindfulness is practicing mindfulness. And then you're walking. Walking to your car, that mindful walking can also be a practice. So, simply noticing the support of the ground beneath your feet as you're walking, as well as the sensations of your feet in the actual movement of walking.

And then the other aspect, we wash our hands a lot during busy clinical days. Taking a moment to notice the sensations of the soap or the alcohol gel atop your hands, you're also able to give yourself a hand massage at that time. There's lots of different acupressure points along your hands as well, and rubbing them can be helpful as well as simply taking a moment to enjoy the sensation of cleanly cleansing your hands with soap or alcohol gel in the mindful way.

And the last one I'll mention, because there's infinite ways to practice mindfulness in the moment, is mindful eating. In training we were taught eat when you can, sleep when you can, pee when you can, and then shovel the food as fast as you can because you don't know when the next admission or when the next pager call was going to go off. The invitation here is to, not for the entire meal, even though that would be luxurious and that's what we do in our retreats with Jessie, is to eat mindfully, very intentionally, but even just taking three mindful bites.

Looking at the food, smelling the food, actually touching it, noticing the texture of the food, even listening to the food, and actually taking the time to taste the food, and noticing what the texture is in the mouth, and then noticing how you feel after you take a bite of food. We know that if you eat mindfully, it actually curbs cravings, decreases overall portion size, and we also know that it helps you enjoy the overall experience of eating altogether.

HF: Those are fantastic suggestions too, because we all are eating. That's not going to take an extra time, and it also will give us a lot of the benefits of slowing down and enjoying the meal. One thing that's really helped me, and I'm not that great at it, but when I do, I find it really helpful, is I think about whatever I'm touching or interacting with as an animate object. It could be a carrot I'm washing, it could be folding laundry, it could be just walking outside and walking by a tree. That's an animate object, but even rocks and your chair that you're sitting on.

If I connect with that object as if it's a baby that I'm washing, or I'm taking care of something that can feel what I'm transmitting, it creates this immediate connection. I come out of my head, and it's an energetic shift that feels very powerful. It can take me out of my head, where I'm usually in thoughts like future or past, and I'm present.

Unfortunately, it's hard to do all the time, but it's a quick shift, and it can just be a gratitude practice too, for the food we're eating, for the person in front of us, for the clerk who's checking us out at the HEB store, whatever it is. To me, that's been the most hopeful shift to bring mindfulness into my day.

NCL: It's beautiful. You're connecting with the environment, regardless of if it's inanimate or animate.

HF: Right, that's a good, succinct way to put that. Now, one thing that often perplexes people, and I think often discourages them so they may not do this, is the difficulty of sustaining attention in the moment. If someone's beating themselves up, or they're saying, I can't do this, or I have the Monkey Mind, this is just not going to work, what would you tell them? Jessie, do you want to start?

JM: Well, I will share what Ni-Cheng taught me in mindfulness-based stress reduction, because some days, mindfulness is really hard. For some people, it's hard all the time, but judging ourselves is when we do mindfulness wrong, and otherwise, you can't do it wrong. It's very normal to have thoughts come in, and thoughts go out, and not being good at it, and having a moment. It's really just about the experience, and setting the intention of being mindful.

One of the tenets of mindfulness is really to not judge yourself. So, accept whatever that experience is. If it's a distractible day, that's not a judgment on whether you're good at mindfulness or bad at mindfulness. It's just what's going on in your brain at that time. When you let go of the judgment, it's a lot easier to drop in.

I think for me, also just noticing that that judgment, “Oh, there it is again, just another thought, just another thought.” So just reminding yourself. Shauna Shapiro, who's one of my favorite mindfulness folks, also just offers this phrase, which really helps me, which is, “Begin again.” Oh, you just begin again. You just come back and begin again. It's this very friendly, short thing to say. To understand that there's not a problem, you just get a chance to start over.

HF: That's beautiful. Thank you. Ni-Cheng, what would you offer to people who are feeling frustrated that they're having trouble doing this?

NCL: I want to say and normalize the experience of mind wandering. Our brains are made to wander. The whole point of practicing mindfulness is to notice the wandering, choose to not get caught up in the storylines of our thoughts. For instance, you can develop a different relationship with your thoughts through mindfulness, having them become like clouds passing through the sky that you're just noticing, or leaves drifting down a stream, rather than getting sucked into the storylines of some of our thoughts, like you said, Heather, about usually the past or the future, for instance.

And so, just normalizing that mind wandering. And oftentimes in mindfulness meditation, in particular, there is a focus of attention. It could be the breath, it could be the sensations of your hands, it could be the feet. When you notice that mind wandering, that is the practice in and of itself. Like, “Aha, I'm mind wandering, I can choose to bring my attention back to my focus of attention.”

And there are so many different anchors of attention that you yourself can pick. But traditionally, it's been the breath. But sometimes as a pulmonologist, my patients sometimes get triggered by focusing on the breath, or they can't sit still. Other options are walking meditation, noticing the sensations of the feet again. That physical sensation of movement can itself become an anchor of attention.

I want to also just invite not just non judgment, but also a lot of self-compassion in this practice of mindfulness. Mindfulness is one wing of a bird and self-compassion is the other wing of the bird. And they really have to be jointly practiced together. When we're noticing the mind wandering, when we're getting frustrated about that, because there's some judgment that's arising, let's pause, like Jessie said, hand to heart, offer a moment of self-compassion, and then begin again.

HF: That's really beautiful. And the thing is, one way to think about this is that when you are aware that you were lost in thought, that is awareness. You could say you could celebrate that. And it's almost like you're doing a rep at the gym. Every time you bring yourself back, you're doing a weight, you're lifting a weight, and that muscle of attention is getting stronger. And just naturally, I think people to understand that in five seconds, you can lose your attention, and that's pretty normal. We have some work to do here. And if you achieve 30 seconds, that's actually really pretty good.

We're getting close to the end of the podcast, there's so much more we could talk about. But I do want to address this difference between mindfulness and meditation and how they can support each other.

NCL: Mindfulness is a state of being. It can be an adjective for a meditation. A meditation, I would define as an intentional exercise of doing something. And that doing something could look very passive. It could look like just sitting there and just breathing. But it's actually very active because you're choosing to do that particular practice.

And so, when you bring the mindfulness into a particular meditation, the focus is on the reps, like you just mentioned, Heather, of awareness. But there are so many different types of meditation, like mantra-based meditation, where the focus of attention is on that particular mantra. And I would say that yoga is a form of meditation as well, as well as a form of mindfulness practice when it is taught in a way that is less about fitness and pushing ourselves to limits, but more about being in the present moment and meeting our bodies where we are, just as we are in that particular moment. I hope that that is helpful.

HF: Absolutely. And they're very much into grow. We can't just meditate 5, 10, 20 minutes a day and really expect our thought patterns to change significantly or our ability to be present. And the mindfulness practice is taking that gymnasium of the mind, so strengthening the mind off of the cushion and into our everyday life. I love that you both address both of these on the podcast because they're very interrelated. Jessie, do you have anything you want to add to them?

JM: Well, I like to think of, for me, mindfulness can happen anywhere, anytime, as you mentioned Ni-Cheng earlier, that it's anyone can do it anywhere, anytime. So you can be mindful while sitting in traffic, you can be mindful while force bathing, you can be mindful while teaching yoga, for example, or you can be mindful while eating. And so, you can apply it, you can be mindful. Many surgeons actually, I think, are quite mindful when they're operating, they're like in the moment in the flow. And that we can experience mindfulness in all of these places as you're bringing your mind and your body and your attention into the present moment. And so, mindfulness to me is like an approach. It's a way that you do things. And so if you set that intention, it begins to shift how you experience your life over time.

HF: Yeah. And if we're thinking about long term benefits, “Okay, so I'm more present, I have more control over my mind.” But if we think about a situation where I think for all of us, we have certain limiting beliefs and behaviors, it could be not good enough, not worthy, not good with money, I have the imposter syndrome, whatever it is. Could you both give us an idea of how if we start these practices and really sustain them, how it can help with these limiting beliefs and behaviors?

NCL: I think it's twofold. From my perspective, one is the awareness of the limiting beliefs and behaviors. When you're more mindful, you slow down, and you're noticing and you are more aware of what thoughts your brain is offering. And so, you can't change those beliefs, all of the ones you just mentioned, if you don't even know you have them. And so, the mindfulness is slowing down and taking the time to notice what thoughts are actually in your head.

And I also think that the mindfulness, because of the way it shifts our nervous systems, there's a lot of evidence to show that it affects our neuroplasticity in positive ways. And so, it will allow you over time to change the way that you think with much more ease, rather than sort of a willpower way, and we've run out of willpower. Many of us are kind of trained to make change by willpower.

But mindfulness allows you to do more integrated rewiring. And if you think about when we're in fight or flight or some pathomimetic storm, nobody's changing their thought patterns there. We're too busy running away from a tiger or keeping ourselves safe and in survival mode. And so, mindfulness helps you spend more time in a less fight or flight state and hopefully a more relaxed state where your brain actually has the capacity to begin to make change.

HF: I love this because it really is transformative. I love that you're bringing this in, how powerful it is when we can actually see our patterns. Then we have a choice about, “Well, which are serving us and which are not?” Ni-Chang, what are your thoughts on this?

NCL: The limiting beliefs are part of our perspectives and our perspectives have a lot of control over how we experience our life. My analogy that I will share with you is, imagine wearing glasses that are dirty. And the dirty glasses have to do with our lived experience, the limiting beliefs because of prior experiences that may or may not have been traumatic, for instance. Mindfulness allows us to wipe off some of the dirt and grime and allows us to see more clearly in a way that's bringing what is to light without the attachment of judgment, without a lot of those limiting beliefs.

HF: Oh, that's a great analogy there. We're looking through a lens and often that lens is our personality type and that often gets programmed when we're young. And it just makes me think of this example for some reason comes to mind of physicians working in a toxic environment. They have a narcissistic boss and they're reactive. Obviously, who wouldn't be to a narcissist? But it's deeper roots than just what's there.

And so it often has to do with patterns and programming from childhood. And if they're able to step back a little bit of mindfulness, meditation can help with that. They can have a little distance of that observation and say, “Okay, there's something deeper here and I'm being triggered and I want to understand more why.” And that can lead to completely different perspective from feeling trapped to, “I have agency here and maybe this is how I'm working out my past with this person. And it's a chance to grow rather than just feel like I'm in a bad situation. And why does the universe do this to me?”

JM: Absolutely. I think mindfulness can be a catalyst for agency.

HF: Yes. That's a great way to put it. Okay. I'd love it if each of you would share with listeners, any resources you want to share and how they can get in touch with you if they would like to connect. Jessie, do you want to start? I'll go first.

JM: I'll go first. Yeah. I think the first resource I would share is our podcast, the Mindful Healers podcast. And we talk about things like this and really mindfulness in all the aspects of life. We do some mindfulness related to parenting and marriages and eating and all of the things in addition to our lives in medicine.

The second resource I would mention is Ni-Cheng mentioned yoga as a mindfulness practice. And I teach a lot of free yoga, very much mindful yoga with the intention of growing mindfulness. For listeners here who struggle with practicing mindfulness sitting on a mat, that is how I came to yoga because I found sitting on a mat hard, but I could drop into my body and be in mindfulness when moving. My yoga is not the traditional stand on your head yoga. It's really designed for people in medicine who are trying to grow a mindfulness practice. I teach that free most weekends, and you can sign up to find out about it on my website.

And then everything else that I do is on my website, which is called pauseinpresence.com. Ni-Cheng and I do a retreat together once a year, and I do other retreats that have more mindset work. But mindfulness is woven literally into all the work that I do as a coach and all the work that I do as a yoga teacher, and pretty much all the work that I do very intentionally from that perspective that I just mentioned, which is that I think it's really a catalyst for us to be able to change and without it, we tend to get in our own way.

HF: Absolutely. I will definitely share your podcast link in the show notes as well as on your website so people can find you. Ni-Cheng, I'd love to hear what you'd like to share with listeners. Sure.

NCL: As a mindfulness teacher, I have free audio recordings of mindfulness practices from one minute to 45 minutes long on my website. In fact, there's a whole section for healthcare professionals of practices from one to five minutes in duration. So, check it out at awakenbreath.org under resources.

And then I also will send you the link, Heather, for a 12 minute meditation that I did with Mindful Magazine or mindful.org on the 4-7-8 breath, which is a powerful breath work practice to also increase parasympathetic, the rest and digest nervous system as well.

HF: Excellent. Well, these are wonderful resources. I so appreciate all you do to help others. And thank you so much for coming on the podcast. We have Dr. Jessie Mahoney and Dr. Ni-Cheng Liang. Thank you so much, ladies.

JM: You're welcome. Thanks for having us.

NCL: Thank you.

HF: All right, my dear listeners, I just wanted to share that I have two new freebies. So if you're interested, the first one is a resource for using artificial intelligence, specifically, Chat GPT for so many things in your life, both for the career and your personal life. And there's lots of prompts there that you can use to help with really pretty much anything because Chat is just a phenomenal tool. That will be under the freebie tab on the Doctors Crossing website.

And we also just created new resume freebies. You can go there and get a lot of tips for your resume. And that, again, will be on the doctorscrossing.com website under the freebie tab. And we will put a link in the show notes.

And as always, please share this podcast today with at least one person who you think it could be helpful for. I really appreciate your sharing the podcast, giving it a rating and letting other people know that it's here and available and free. It will always be free. And thank you so much for listening. Don't forget to carpe that diem and I'll see you in the next episode. Bye for now.

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Podcast details

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