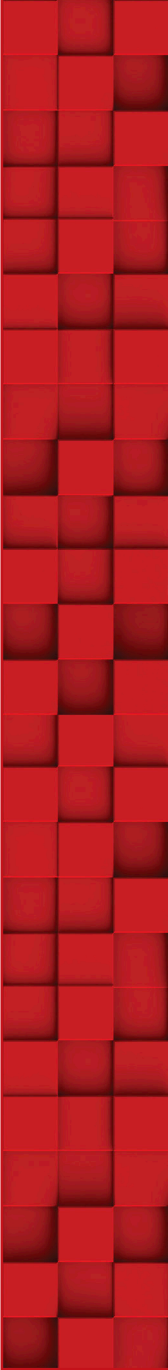


# Mindray Wellness Sunrise Session Q & A

## ANESTHESIA® 2020

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- Q.** *I've tried to meditate a few times in the past and I've noticed my mind keeps drifting to my worries. What should I do?*
- A.** The goal of meditation is not to stop your thoughts. Often, the more we try to stop them, the more we become focused on them. Instead of trying to stop them, just notice your thoughts and accept them. Observe them, and then slowly bring your thoughts back to the meditation.
- Q.** *I don't have a lot of time in my day, but as I listen to your presentation I think I want to add in a relaxation or journaling activity. I think doing it on my phone might help. Can you remind me of some apps you recommend.*
- A.** There are some great apps for both relaxation/meditation and also for journaling. For relaxation/meditation I would recommend Calm. This is great for calming exercises, breathing techniques, short meditations and white noise. Headspace is also great and is focused on 10 minutes a day of short meditations and also SOS meditations to use when you are in crisis.
- Q.** *What if my "why" or my joy doesn't seem to match up with my job.*
- A.** This is a tough one, but not that unusual. As you think about what brings you joy or gives you purpose in your day, try to find ways to do more of it. Talk with your supervisor - it might mean changing some of your focus at work to more management tasks, or research for example. Sometimes you can stay in your career, but change settings to work with different populations or to have an opportunity to do more of what gives you joy and purpose.