

# A DAILY PRACTICE TO RESTORE EQUANIMITY

When any of us is under stress, and a new situation arises that is disturbing, it is hard to stay calm and composed. **Equanimity** is a state of mind, but also a practice, that helps us stay stable when things are in turmoil around us. Equanimity feels good for us and it is helpful to those around us who can benefit from our maintaining our emotional balance.

Here is a daily practice you can use to restore equanimity:

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.

**Kaethe Weingarten, Ph.D.**

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