



**How Mindfulness Restores Your Autonomy and Builds Well-being
(Despite Everything that's Going Wrong...)
Joint Committee on the Status of Women
February 29, 2024**

RECOGNIZE THAT YOU ARE NOT YOUR THOUGHTS

In a two-minute period, I had _____ thoughts.

Thoughts that included "I," "me," or "my" included:

Helpful thoughts included:

Unhelpful thoughts included:

Regarding my work, I'll be happy when:

Regarding my work, I can't be happy unless:





DECREASE SUFFERING BY MANAGING THE SECOND ARROWS

Something I am struggling with in my work is:

The first arrow is: _____

The second arrows are:

Ways that managing the second arrows would help me include:

DECREASE BURNOUT BY BUILDING COMPASSION FOR YOURSELF

In moments of difficulty, take a self-compassion break:

This is a moment of suffering.

Suffering is part of life. It's normal and expected that I struggle in this way.

I am doing my best. In this moment, I don't have to fix this.

May I be kind to myself in this moment.

May I give myself the compassion I need and deserve.

May I forgive myself my imperfections.

May I care for myself just as I would care for a loved one in need.

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Blueprint for Well-being**

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