



# Sentara Martha Jefferson Hospital Intentional Caring Mindfulness Playlist



-   **Mindful Awareness After a Tough Day** 5:58  
This brief mindful practice dedicated to someone who has had a tough day.
-   **Brief Body Scan Practice** 4:31  
This brief mindful practice will guide you through a short body scan to become more present and relaxed.
-   **Loving Kindness Practice** 11:49  
Loving Kindness is a positive cognitive practice to guide you on a path of cultivating a propensity for kindness, mentally sending love and warmth toward others.
-   **Body Scan** 11:22  
This mindful practice will guide you through a full-body scan to help you become more present and relaxed.
-   **Mindful Awareness After a Patient Death** 04:40  
This brief mindful practice is for healthcare professionals after a patient has passed.