







Intentional Caring audio recording playlist

Link	Title	Time
	Mindful Awareness After a Tough Day This brief mindful practice dedicated to someone who has had a tough day.	05.58
	Brief Body Scan Practice This brief mindful practice will guide you through a short body scan to become more present and relaxed.	04.31
	Loving Kindness Practice 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.	11.49
	Body Scan This mindful practice will guide you through a full-body scan to help you become more present and relaxed.	11.22
	Mindful Awareness After a Patient Death This brief mindful practice is for healthcare professionals after a patient has passed.	04.40
	Mindful Awareness of the Grief Process The grief process is the process used to manage the experiences of coping with loss	04.27
	<i>Sentara Martha Jefferson's Intentional Caring Committee thanks you for taking care of you.</i>	