

Editor's Desk



Dr. A. Muruganathan
Chief Editor

Dear Brothers and Sisters, Greetings!

MIND YOUR MINDFULNESS

Mindfulness means paying wise, kind attention in a particular way on purposeful in the present moment, helps us to see whatever we are adding to our experience, also our understanding of what is going on deepens.

You have to be mindful in listening to the patient's history and clinical examination. You must make a habit of mindfulness in eating, listening, observing, and doing whatever you do routinely. In mindfulness intention, attention, and attitude act synergistically.

Do not use mobile phones when you are doing the clinical examination, it diverts your concentration and focus.

We in the Medical profession are constantly bombarded with umpteen mental thoughts of challenging situations. Perennial demands on time management, excessive and inappropriate patient demands are all stressors that add to flood our system with adrenaline. This can lead to self-doubt and physician burnout. Also, hyper-focusing on our meeting professional demands and our constant desire to achieve success in curing patients' illnesses procures collateral damaging effects on our families. We hide our emotions (called physician posturing) but suffer in silence with occult stress and go on to develop various illnesses ourselves. The mind gets overcrowded with raging thoughts and feelings and the daily To-Do List gets out of bounds. You don't have to control your thoughts you just have to stop letting them control you. Mind is like a monkey constantly changing. Moderating the density of thoughts and softening the constant desire to overachieve, with MINDFULNESS practices would minimize easy burnout. As a monotony breaker mindfulness comes to the rescue. Mindfulness also rejuvenates thought processes, stabilizes the concentration process, improves memory, immunity and helps level up the emotional roller coaster. Our professional career running should be a marathon and not a sprint.

Practicing mindfulness means that we commit fully in each moment to be present; inviting ourselves to interface with this moment in full awareness

Practice mindfulness smile, breathe, relax, and go slowly.

We will keep in touch

Best wishes

DR. A. MURUGANATHAN
CHIEF EDITOR