

## **Mindfulness in 5 minutes: Developing a mindful tea meditation to reduce stress and improve wellbeing for the busy clinician and student.**

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**Purpose:** Professional burnout is a common result of occupational stress in the veterinary field.

**Methods:** This presentation describes an approach to address burnout by incorporating a mindful meditation with tea. This approach may be ideal for the busy veterinary practitioner because it can be done in as little as five minutes. Regular practice of this mindfulness exercise may help mitigate the effects of burnout. Tea was a logical beverage choice for this approach as it is already associated with quiet reflection and has a substantial phytochemical profile that reduces stress and acts as an anxiolytic. This presentation addresses the role of mindfulness in reducing the risks of occupational stress and how the authors developed a mindful tea meditation approach using the best current evidence around mindfulness and tea. This presentation addresses the important social role of tea in reducing depression and engendering thoughtful conversation.

**Results:** The culmination of this project resulted in a brief mindful tea meditation as a self-guided podcast, video or infographic with live guided (hybrid on Zoom and in-person) sessions offered regularly.

**Conclusions:** While the mindfulness exercises and brief duration are beneficial aspects to this project, the authors have also discovered the building of community and mindful conversation was of more importance than previously realized. This project started at the School of Veterinary Medicine, but has been incorporated in undergraduate residence halls during finals, and other programs on campus like the Redwood Seed Scholars (program at UC Davis that is geared for the intellectual disability community) and beyond.

**Discussion:** What are your self-care habits that you engage in? Do you engage in it with others? Do you have a community of common practice with colleagues that is not directly tied to the job? How does that impact your well-being?