

Following our bottom up approach, our staff, returning from Upaya's Being with Dying program champion the *GRACE*¹ (Joan Halifax, PhD) model for renewing compassion in patient and family encounters.

*GRACE*¹ reminds us to:

- let go of other concerns and be in the moment for that patient
- recall our values and motivations to be in this line of work
- let go of distracting thoughts and assumptions from previous interactions
- ask ourselves to consider what might serve only once we are in the situation, rather than what we think should happen
- engage authentically and ethically and know our limits
- remember the encounter has an end.

Please see the following link for more detail and practice suggestions.

- 1 <https://pdfs.semanticscholar.org/bf42/1c4214d1186b4eba74e5d053fcf1da82e570.pdf>
- 2 Upaya.org