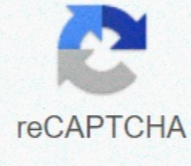




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Mindfulness is all the rage these days. In fact, I wish it had been in my face when I started college as it is now, in my first year of medical school, where, increasingly, they teach us about the value of mindfulness - both for patient care and for our own health and well-being. This would surely have spared me many moments of inundation as a pre-medicine student, if I had known about the practice and experienced its benefits earlier. Fortunately, since I adopted the practice of mindfulness meditation five years ago and nurtured my skills in a local mindfulness-based stress reduction course, I have found that it is much more natural to transform moments of inundation into conscious. Dr. Jon Kabat-Zinn, who is largely responsible for bringing mindfulness meditation into mainstream Western medicine, defines mindfulness as consciousness that arises by paying attention, intentionally, at the present moment, to the unsmid. Here's an example of what it looked like to me in moments of stress or emotional difficulty in medical school. Sometimes I'm afraid of how much material I need to know about the upcoming exam. My thoughts turn upwards (I will not succeed), and my body can react instantly - in the form of a sinking sensation in my stomach. Recognize. First of all, I just recognize what's going on. As Jon Kabat-Zinn says: When you're in the shower, in the shower. This sounds ridiculous at first, because if I shower, of course I'm in the shower! The point of kabat-Zinn is that while my body may be there, my mind is not. Instead, I think about a thousand other things beyond what's going on right now: my shower. Similarly, with the onset of fear, I may be tempted to let my mind wander. Since the present reality is distasteful (showering is boring; fear is unpleasant), I want to get distracted so I don't have to admit it. But when I try to ignore or push through fear, it's almost always futile. Instead, I stop. I notice that I am afraid, and I gently welcome the fear in my mind by naming it for what it is. Allow. Second, I allow fear to be there without resisting or adding to it. This is probably the most unnatural step and one that required the most practice. When I'm scared, my instinct is to try to make fear go away. Fighting with fear or running away from it, almost always makes it worse. Another temptation is piling on scarier thoughts. The thought I will not fail this exam somehow insidiously and irrationally evolves into I will no match for a good residency and I will have a bad life. Spiral thoughts are then accompanied by a worsening sensation in my stomach and perhaps new physical manifestations, such as a racing heart. Allowing fear to be there means simply sitting with him instead of trying to change him. An analogy called lazy river helped: if my terrible thoughts and feelings are like ships Rafts floating down the river, I imagine myself watching them float downstream without jumping into any of them. That way I can watch what's going on peacefully without get carried away with the river. Explore. Then I investigate fear. I curiously study thoughts and feelings, trying to fascinate myself with them, as if I were watching an interesting film for the first time. I try to take a mindfulness attitude called the initial mind, which involves examining the experience of the present moment (in this case fear), as if it were my first time experiencing something similar. This way of looking at my fear not only discourages it, but allows me to get to know its features while asking myself honest questions, such as: Why am I afraid? Is fear justified? What can I do about it? Most often this helps me to recognize that the disastrous thoughts I have about the importance of a single exam are irrational and that there are clear practical steps I can take to alleviate any lingering concerns. Non-identification. Finally, I practice non-identification with fear, which means I don't let fear define me. Before I learned how to do it well, it was easy for me during stressful times to believe that stress was a part of me. Likewise, when fear arose, I felt like I was afraid at that moment. Non-identification allows me to move on with I'm afraid of experiencing a terrible sensation. This subtle change in formulation profoundly affects my relationship to thoughts and feelings associated with fear. This allows me to look at fear as if I were a separate observer, which significantly reduces its intensity because I no longer take fear personally. In one part of the guided meditation I enjoyed, Michael Sealey takes me to watch my viewing state. In order to be unidentified with fear when I feel frightened, I paint in my mind that I - the first person I - observe myself - the third person of me - experience fear. That's what I mean by being a separate observer: the essence of non-identification. This four-step process for dealing with difficult emotions is a popular practice of mindfulness, called R.A.I.N. (Recognize, Allow, Explore, Non-Identify). What began as a laborious effort to systematically go through every step of the way either when the moment of overwhelmedness arose is now a natural response to the stress that gives me attentive moments as I travel through the ups and downs of medical school. For anyone interested and new to the R.A.I.N., I would recommend starting guided meditation. For more on mindfulness resources at Johns Hopkins, contact the Johns Hopkins Mindfulness Program. Related content Would you like to read more from Johns Hopkins School of Medicine? Subscribe to the Biomedical Odyssey blog and receive new posts directly to your inbox. Medical Schoolmedical StudentsmindfulnessStress Advanced Diploma will be good for your CV, which could very well higher profits. But higher profits also mean that the Internal Revenue Service will be able to take more money at tax time. So that's why the IRS will see graduate school as a deductible expense. Unfortunately, that's not exactly how it works. But there are alternatives to consider. By 2018, you were allowed to deduct education costs that help you do your current job better. The idea was that these education costs were labour costs, making them part of the cost of earning a living. The limits were that education must be directly related to doing the work you do, not qualify for another job. However, changes to the 2018 tax code erased the entire unmped deduction for the education of qualified employees. The Tax Cuts and Jobs Act of 2017 The thinking is that now that the standard deduction has increased to \$12,000 for individual taxpayers and \$24,000 for married taxpayers filing joint claims, many Americans will no longer make their deductions. But with a graduate school costing an average of \$30,000 a year, you may be interested in finding options to recover some of that money. If you are a contractor or run your own business, you have better luck. Changes to the tax code do not touch the self-employed. Your education costs will be itemized with all the other expenses you claim as part of a growing business, which will help you recoup the earnings on which you will owe tax. If you're in an advanced degree to prepare for career advancement, there may be a way to get credit for that. The Lifelong Learning Credit is designed to pay 20 percent of the first \$10,000, or \$2,000 per tax return, to students enrolled in qualifying school. Unlike the U.S. Opportunity Tax Credit, the Lifelong Learning Credit will pay for education to earn a degree. However, to qualify for the loan, you will need an amended adjusted gross income of \$66,000 or less, or a married income of \$132,000 or less. To obtain the credit, you will need to obtain form 1098-T from your school and use it when filing taxes and entering amounts on Form 8863. Educational Credits at tax time. It is worth noting that you will not see the loan back as a refund. It will simply be used as a credit for all the taxes you owe each year. If you're still on a salary and have no interest in changing that, you have another option. You can try to find an employer to reimburse you, but you probably already know if this is an option. Businesses are increasingly including at least partial education assistance as a job benefit. If your employer doesn't offer it, consider looking for an employer to do so. It could also be wrapped up in your next pay negotiations. Ask, instead of an increase, if your employer would be willing to help pay for the cost of an advanced degree. If you are demonstrate how your continuing education will benefit business, your employer can easily meet your request. Request.

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