**Supplementary Table 1.**Mindfulness moments for clinicians (MMFC).

|  |  |
| --- | --- |
| Practice | When |
| Affectionate breathing\*<https://self-compassion.org/wp-content/uploads/meditations/affectionatebreathing.mp3> | Feeling distressed, anxious, angry or sad.  |
| Compassionate body scan\*<https://self-compassion.org/wp-content/uploads/meditations/bodyscan.MP3> | Experiencing physical or emotional discomfort.  |
| Compassion with Equanimity\*<https://chrisgermer.com/wp-content/uploads/2017/09/Compassion-with-Equanimity-Germer.m4a> | Caring for a patient whilst feeling empathic distress and fatigue. |
| Compassionate words to self\*<https://center4msc-wpengine.netdna-ssl.com/wp-content/uploads/2016/03/Compassionate-Letter-Myself.pdf> | Experiencing negative emotions e.g. low mood, despondency and anxiety.  |
| G.R.A.C.E\*\*<https://www.huffpost.com/entry/compassion-_b_1885877> | In a stressful clinical situation.  |
| Gratitude\*\*\*<https://www.youtube.com/watch?v=g73ykQkGCnI> | Experiencing negative emotions e.g. low mood, despondency and anxiety.  |
| R.A.I. N\*\*\* <https://www.tarabrach.com/meditation-the-rain-of-self-compassion/> | Feeling insecure or unworthy.  |
| Savouring\*\*\*\*<https://ggia.berkeley.edu/practice/savoring_walk> | Experiencing negative emotions e.g. low mood, despondency and anxiety. |
| Self -compassion break\*<https://chrisgermer.com/wp-content/uploads/2017/04/Self-Compassion-Break-13-min.mp3> | Feeling distressed and/or coping with a difficult situation. |
| Soles of the feet\*<https://center4msc-wpengine.netdna-ssl.com/wp-content/uploads/2016/03/Soles-of-the-Feet_2017.pdf> | Feeling emotionally overwhelmed and needing to ground oneself. |
| 3 minute breathing Space\*\*\*\*\*<https://www.youtube.com/watch?v=rOne1P0TKL8> | Feeling emotionally overwhelmed and needing to ground oneself. |

\* MSC (Neff *et al*. 2013) and Center for Mindful Self-Compassion.

\*\*Halifax (2012).

\*\*\*Brach (2017)

\*\*\*Brach (2015)

\*\*\*\*Greater Good Science Center.

\*\*\*\*\*MBSR (Kabat-Zinn, 1990) and MBCT (Segal et al. 2002).