



The Healing Circles

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The Healing Circles: Nurturing Emotional Resilience in Oncology

- **Objective:** To provide emotional support and resilience-building for oncology workforce through structured monthly meetings.
- **Core Elements:**
 - Anonymous **Whispers from within** letters to express emotions and challenges.
 - Group reflection discussions, fostering empathy and connection.
 - Mindfulness sessions to help oncology professionals manage stress.
 - Peer and senior-junior mentorship for handling emotional upheavals in patient care

Whispers from within:

- Oncology professionals write anonymous letters detailing emotional challenges, fears, or difficult moments in patient care.
- Letters are read and reflected upon during monthly meetings, ensuring anonymity but allowing for collective empathy.

Group Reflection Sessions:

- Participants share their thoughts and experiences sparked by the letters, guided by a mental health facilitator.
- Encourages open dialogue and emotional release in a safe, judgment-free environment.

Mindfulness for Emotional Balance

- **Mindfulness Practices:**

- Guided mindfulness exercises (meditation, breathing, grounding) to help staff manage stress.
- Aimed at improving emotional awareness and reducing anxiety.

- **Impact on Mental Health:**

- Fosters calm and focus amidst high-stress oncology work environments.
- Helps reduce emotional fatigue, improving overall well-being.

Peer & Senior-Junior Mentorship

- **Peer Support:**
 - One-on-one or small group discussions on emotional challenges and resilience, encouraging mutual support.
- **Senior-Junior Mentorship:**
 - Senior staff mentor junior professionals, offering guidance on managing emotionally difficult cases.
 - Builds a trusting, supportive network within the oncology workforce.

“A healer’s journey begins with healing their own heart.”
– Anonymous