



Mindfulness Skills For Busy Physicians

with Dr. Jill Bailey MD CCFP FCFP, creator & facilitator

Fully virtual | 9 weeks | 60 min weekly class

Weekly handouts and audio files

Live introductory webinar:

January 13, 2026 | 7PM CST

WEBINAR REGISTRATION

Adapting evidence-based techniques from Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) into short, interactive classes with practical at-home exercises between sessions. MSBP is ideal for busy clinicians seeking to reduce or prevent burnout, or simply to reconnect with themselves and learn mindfulness skills that can be woven into their hectic lives.

Participants will develop skills for mindfully responding to:

- Their inner experience of stress (eg self-talk, emotions, physical sensations)
- Stressful interpersonal experiences (eg workplace interactions or other important relationships)
- Broader stressors in the world around them (eg larger societal issues)

Each session includes guided mindfulness practice followed by group reflection. We will also review home practice from the previous class, and explore a new topic each week. Consistent home practice (approximately 20 minutes most days) is a valuable component of this program.

Note: If you aren't able to attend the majority of sessions, or don't have space in your week for 20 minutes of homework a few days a week, consider joining the waiting list for future groups. We want this program to reduce stress, not add to the stress of your already packed schedule!

This program is for professional development and educational purposes only and is not a substitute for therapy or medical care.

Sessions will run Wednesday evenings (7–8pm CST) from February 4 – April 8, 2026 (excluding March 18)



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About the Facilitator:

Dr. Bailey is a family physician in Ontario with a focused practice in psychotherapy. Her passion is to equip colleagues with practical mindfulness tools to prevent burnout, foster joyful and sustainable careers, and embrace their own humanity. (Follow me on Instagram! @jillbailey_md)

Questions? Contact: medicinefaculty.development@usask.ca