

Greetings and Happy November from the Office of Student Wellness,

It has been a wonderful first month for me. I have tried hard to meet as many students as possible and I have so enjoyed the wonderful suggestions I have received regarding how to promote wellness for our medical students. I have heard important reflections about issues regarding the curriculum as well as creative ideas for programs that will foster wellness.

Thank you all for your warm greeting and fantastic suggestions. I look forward to continued dialogue and brainstorming.

I want to offer a gentle reminder that in the context of your exams and quizzes, please keep an eye on your personal well-being.

To that end, I am including a few wellness resources that might be useful.

1. I first wanted to alert you to some upcoming **November wellness events at the medical school.**
 - I will be talking about the Imposter Syndrome at a lunch **wellness workshop on November 10th at noon.** If the topic of Imposter syndrome is new to you – or it is familiar- I encourage you to attend. We will be talking about those nagging feelings of self-doubt that can lead students to assume others are doing better than they are- sometimes it can even lead to feeling like you don't belong at medical school. We will talk about how to address these thoughts and challenge them so you can be more balanced in your assessment of yourself.
 - **On November 30th at 5pm,** Karin Nilsson and Stephen Simonson, the psychologists working with the medical students, will be hosting a wonderful workshop about the importance of maintaining self-care during the study process

for Step 1.

2. In addition to the events at the medical school, there are other November offerings at UCDMC through the work life balance program.

- **Nutrition: “To Carb or Not to Carb?”**

Monday, November 9, 2015 - Instructor: Maryam Nabavi, MS, RD

Time: 12 – 1 pm

Location: Main Hospital (ground level) - ACSU G344

- **Meditation**

Monday, November 30, 2015 Instructor: Brenda (Astara) Gustin, Ph.D., CMT,

RYI Time: 12:00-1:00 pm Location: Glassrock Building, Room 7106

These **monthly** workshops can be for beginners who are just learning about meditation or for people who already make meditation their daily practice.

- .Also, check out this link and the tab on discounts. There are many great coupons like ones for bargains at yoga and exercise studios in the area!!

<http://www.ucdmc.ucdavis.edu/hr/wellness/>

Human Resources - Worklife Balance

UC Davis/UC Davis Health System WorkLife and Wellness. Provides programs, policies, referrals and education that enable employees, faculty, staff, and students to be ...

[Read more...](#)

Finally, as my November wellness tool, I am inserting a link to a beach visualization from the UC Davis Student Health and Counseling Services website-

Check out their site, there are wonderful resources.

https://shcs.ucdavis.edu/podcast/stress/08-Beach_Visualization.mp3

All the best,

Maggie Rea