

Dear All-

Happy February-

Thank you to all who attended the workshop “Emotionally Preparing for Step 1.” We had great attendance and wonderful reviews. Thank you Dr. Nilsson.

For this month, I want to highlight how important it is for students not to lose sight of their self-care.

I have been spending a lot of time asking you to attend to your emotional health which of course is a priority, but I don’t want you to stop attending to other aspects of your health.

Please don’t let the demands of medical school lead you to forget your physical health which includes healthy eating, physical pursuits and a huge one –**SLEEP**. It can be so tempting to cut yourself short on rest when you are feeling the pressure to study. Please, remember, you will retain more information when you are rested. Take care if you are biking or driving home after a long day studying or had a long shift at a clinical rotation.

Also, please reach out to me if you are struggling to figure out how to access a PCP or dentist.

Check out the link to this important commentary from the Student Doctor Network written by a medical student.

<http://www.studentdoctor.net/2014/11/self-care-in-medical-school-a-lesson-from-the-heart/>

The author highlights:

“ Desire to help others is of course why most of us chose medicine; the desire to learn is the other major reason. Self-sacrifice is another major value; healthcare professionals often sacrifice free time, a smaller workload, etc. in order to care for people. However, no doctor can do this effectively without caring for him or herself. The doctors that provide the best care to the patients are also taking care of themselves. As a medical student, it is critical to

begin the discipline of self-care now. Medical student burnout is a real thing, so make time to take care of yourself.”

Speaking of taking care of yourself physically, I wanted to share my two new wellness activities- I am trying hard to get moving!!

- I found this PDF which gives routes for walks right here on campus:

<http://www.ucdmc.ucdavis.edu/hr/wellness/docs/walk%20map.pdf>

- Also, in my efforts to find the best Apps for you all- I tried out **SWORKIT**- I love it! You can design your own workout and no need to get to a gym.

Wellness Opportunities for February:

Medical Student Events:

1. February 8th –Career Satisfaction by Way Of Resiliency

Dean Freischlag will lead the community in an important discussion about maintaining resiliency in the face of the many work demands and goals. Dr. Freischlag’s presentation will be followed by a panel of other UCDMC community members who will continue the dialogue about resiliency and take comments and questions from the audience.



2. February 18th: Breakfast and Mindfulness

This is an event open to all medical students. Please come and enjoy coffee and breakfast with your fellow students and friends AND try out some helpful mindfulness exercises that can foster good physical and emotional health. Social support and mindfulness – two great wellness pursuits.



3. For Our Medical Student Parents:

Introducing Solids and Weaning

Thursday, February 18, 2016

Facilitator: Shirley German, IBCLC, RLC / UC Davis Breastfeeding Program

Time: 11:30am - 1:00 pm

Location: Ticon III, Human Resources, 3B Conference Room

UCDMC/Campus Opportunities:

1. Meditation

Monday, February 8, 2016

Time: 12:00-1:00 pm

Location: Glassrock Building, Room 7106



2. Wellness Fair 2016

Wednesday, February 24, 2016

11:30 am – 1:30 pm

Marriott Ballroom - Sacramento



WorkLife and Wellness of UC Davis One HR invites you to its annual Wellness Fair where you will have the opportunity to celebrate wellness! UC Davis Health System Departments and a variety of businesses and organizations centered around wellness will be available to provide information about their programs and free/discounted services!

3. Relaxation Day at the Arboretum

- **Saturday, February 20, 1:00-3:00** Lawn area west of the Arboretum Gazebo.
- The Arboretum is partnering with the campus “Mind Spa’ to help you de-stress! Participate in a yoga class, coloring workshop and much more! All ages welcome.

Finally- my wellness technique for the month- A little self-compassion can help balance you emotionally and physically.

Resources for Recovering Resilience: Cultivating Self-Compassion

(Linda Graham)

1. Bring to mind a moment when it was relatively easy for you to “feel with” someone else’s heartache or sorrow. Your neighbor struggles to carry heavy bags of groceries up the driveway with a recently broken ankle. Your cousin lost his luggage two airports back before he arrived at your house for a weekend visit. Your 8-year old was late for an after school meet-up and the school bus took off for the class picnic without him; he came home and collapsed in tears. Your cat sprained his hip jumping down from too high a kitchen counter, and has limped around the house for three days.
2. Imagine this person, child or pet sitting in front of you. You could even imagine a child or pet actually sitting in your lap. Notice any warmth, concern, goodwill arising in your own heart as you sit with them. Feel the “feeling with,” the empathy, compassion and love flowing from your body, your heart to them, sitting with you.
3. When the feelings of empathy, compassion and love are steady enough, shift gears a bit and remember a moment when you were facing your own difficulty, an “Ouch; this is tough; this hurts.” However big or small, let yourself feel the pain of your own pain for a moment.
4. Then return to the feelings of warmth, concern, goodwill you felt for the person or child or pet you were first “feeling with.” Without changing anything, simply re-direct this flow of empathy, compassion and love for them to yourself. Let yourself receive your own care and concern, your own empathy and compassion for your own pain, for whatever has happened, whatever you’ve done or failed to do, at any age or level of your psyche that needs to receive it. You may express this feeling toward yourself in words, “May this suffering pass...May things resolve for me....May I feel less upset over time.”
5. Let yourself take in feeling understood and nurtured. Let your own heart relax into a more peaceful sense of understanding, compassion, and forgiveness, letting the self-compassion soak in and settle in your body. Let it re-wire your sense of yourself in this very moment.
6. Reflect on your experience of this exercise. Notice any sense of openness or approach to your own experiences now. Notice if this approach stance opens up possibilities for change and resolution of the difficulties that have concerned or hurt you before.

As you cultivate an “approach” stance toward experience, you are creating more response flexibility in your brain, thus creating the conditions for more resilience.

Thank you and as always do not hesitate to contact me-

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