

OPW Monthly Student Newsletter

February 1, 2022 Volume 1, Issue 1

A message from the Office of Professional Wellbeing:

Dear Students:

Welcome to Volume 1, Issue 1 of the new OPW monthly student newsletter. We want to be sure you are aware of the many upcoming wellness events and resources available to you.

Also, we would love to get your input for this newsletter. Write to us at OPW@salud.unm.edu if you have events or ideas you would like to share or if you would like to write a piece for an upcoming newsletter.

We also want to share a little bit about ourselves. We too work too hard, play too little, and don't always make the healthy choice. We have learned, the hard way usually, that we do better when we work less, play more, and make healthy choices. Dr. Lawrence's personal commitment is to be a more mindful eater this year because she has a terrible habit of eating to reduce stress, not to relieve hunger. She discovered some helpful tips in the NY Times, and she is hoping by sharing her goal with you, she will feel more committed to achieving it.

Dr. Phillips strongly agrees with the concept of mindful eating. During the pandemic, when we are sitting in front of computer screens more than we would like to, it is easy to comfort oneself with food. Dr. Phillips' goals for the New Year involve actively seeking opportunities for more joy in life. During the restrictions of living with the pandemic, we have adopted routines and habits that do not promote an optimistic outlook and she would like to reverse that trend. This article (NPR - "12 surprising ways people are finding joy in the pandemic") offers some suggestions on how to find joy during the pandemic.

Please know OPW is here to support you by advocating for curricular and institutional changes to support your well-being, by working to enhance our culture of compassion, and by providing personal counseling to you. We care deeply about you.

Joyce Phillips, MD Director of UME Wellness Initiatives Professor Emeritus, Department of Anesthesia

Liz Lawrence, MD Chief Wellness Officer Assistant Dean for Professional Wellbeing Professor, Department of Internal Medicine

Important Dates

- February 3 - First Moment of Mindfulness session
February 8 - HATS Off! Recognition Ceremony
March 20 - Gold Summer Fellowship Program application deadline
March 25 - Deadline for submissions to Medical Muse

HATS Off! Recognition Ceremony Humanism, Activism, Talent, and Service. An event to recognize the extracurricular achievements of the UNM School of Medicine MD and MD/PhD candidates. FEBRUARY 8, 2022 12:00 - 1:00 PM Virtual Ceremony - Link to follow

Student Wellbeing Advisory Council

The UNM SOM Office of Professional Wellbeing strives to provide supportive services that enhance student wellbeing on both the individual and institutional level. Examples of our efforts include the LOBO MD Quick Guide, Healer's Art, Postive Psychology and Mindfulness sessions, and individual counseling services. We are establishing a Student Wellbeing Advisory Committee that can provide input to OPW regarding wellbeing initiatives for the students throughout the four-year curriculum. Thank you for your nominations this past month. Please look for a ballot in February to select members to the council.

Weekly Meditation - Live

Michael Haederle leads a weekly group meditation session for all members of the HSC Community on Wednesdays at noon in Room 428 of the Health Sciences Library & Informatics Center (HSLIC). Please stop by to participate - no sign up needed.

MOMENT OF MINDFULNESS. Mindfulness practices can help us feel more grounded, calm and present during the challenges of the COVID-19 pandemic. The practice of mindfulness can help reduce stress and enhance resilience. When: Thursdays, 12:10 - 12:40 PM Beginning February 3rd. Where: On Zoom https://hsc.unm.zoom.us/j/98861057323. Instructors: Toby Palley, MD Department of Family Medicine; Lauri Medina, MD Director, UNM Center for Life. All are welcome. No prior experience needed.

Gold Summer Fellowship Program

The 2022 Gold Student Summer Fellowship program is now open for applications

Deadline: March 20

The Gold Student Summer Fellowship program offers opportunities for medical students to complete a research or service project related to community health, developing skills to become a compassionate, relationship-centered physician.

Gold Student Summer Fellowships:

- improve the health and lives of traditionally underserved populations
focus on understanding and/or enhancing culturally competent care
encourage collegial and interprofessional teamwork
are creative, and designed and implemented by students
encourage a lasting or systemic change

The grant award includes a stipend for a single project of up to \$4,000 for a 10-week period.

Learn more about Gold Student Summer Fellowships.

Visit How to Apply for information on eligibility, selection criteria, the review process, and application materials.

CALL FOR SUBMISSIONS MEDICAL MUSE. The University of New Mexico's literary journal devoted to the inquiries, experiences, and meditations in the health sciences. Celebrating 25 years of publishing by welcoming submissions from interested health care providers, students, educators, residents, nurses, and patients related to Healing & Medicine. Accepting reflections, stories of resilience in the following creative formats: POETRY • FICTION • MEMOIRS • ESSAYS • PHOTOGRAPHY • FINE ART. Deadline for Submissions: March 25, 2022. Include your name and contact information on all submissions, and send to: Robert Schenck, MD, Editor-in-Chief rschenck@salud.unm.edu; Laura Hall, Managing Editor lhall@salud.unm.edu.

Buy nothing? - it feels good

(with thanks to Dr. Chantal Young at USC Keck School of Medicine for sharing this piece)

Buy Nothing (BN) is a revolutionary, anti-landfill, pro-community project that builds community and good feelings at the hyperlocal level by allowing neighbors to give and receive through the world's biggest "gift economy." A gift economy is one in which everything exchanged is FREE of charge. This means that on BN, you can post giveaways of any item you wish to freely give away - and you can also ASK for things you need. This could be anything from a half-eaten bag of chips that you didn't like the flavor of, to a pair of pants that don't fit you anymore, to a complete living room furniture set. It could also mean a gift or an ask for time or service - like sewing people's torn clothes or babysitting their pets or kids. And your BN group is exclusively in your neighborhood. The radius is just a mile or two in each direction. This means that everything you pick up is just moments away, and in the process of picking up, you get to know the people who live around you.

Humans crave to be part of something bigger, a tribe, a movement, where we have a clear role, where we are needed and appreciated and valued for our unique gifts, where we can relax into a sense of mutual trust and dependency with the people around us. These are hard things to come by in our bustling modern world - but Buy Nothing makes it possible. It's impossible for the heart not to fill with pleasure when you see someone using something you would have thrown in the trash, or when you witness people giving each other items, time, and care.

Read more about Buy Nothing here, or just type "Buy Nothing" into the search bar in Facebook to find your hyperlocal group. Check out BN media stories from Yes, Washington Post, and ABC.

On the Lighter Side

(With thanks to Dr. Betty Chang both for inspiring this section and providing links)

- PercuFest 2014 - Percussion Festival: https://www.youtube.com/watch?v=SYSxOj6W7IQ
Snowdogs, from the Animal Shelter of Northeast Nebraska: https://www.facebook.com/watch/?v=357236745732445
Explaining the Pandemic to my Past Self, Part 6: https://www.youtube.com/watch?v=C-evyvk1_Vk
What do the Tusken Raiders look like under their masks (for Star Wars Fans): https://www.youtube.com/watch?v=HILDZYYID0s
Panda cub in the snow: https://www.youtube.com/watch?v=6pl_QP0P4s