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NM SCHOOL OF MEDICINE OFFICE OF PROFESSIONAL WELLBEING

OPW Monthly Faculty Newsletter

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A message from the Office of Professional Well-being:

Hi. A quick introduction to this newsletter and who I am. My name is Yasmin Magdaleno. I am an associate professor of Pediatrics and have been associated with UNM for 20 years. My clinical work is in outpatient general pediatrics and sedation medicine. In addition to my job, I identify as a first-generation college and medical student, a first-generation Mexican American, mother, wife, runner, puzzler, yogi, tea drinker, and list-maker, as you will see below.

As I reflect on women's history month, I am reminded of all the women physicians whose shoulders I stand on. From the historical Firsts of Drs. Blackwell and Crumpler to my own mother-in-law who became a surgical intern in the 1950's. They would all look back and approve of our entering medical school class who are majority women. But all is not perfect, there are still gender inequities that we need to confront. Inequities in pay and advancement for women in medicine are areas that must be addressed. In this first faculty wellbeing newsletter, I want to provide you with some of my goals. If I am not living up to these goals, please reach out to me and let me know.

- I want this to be a quick read: 90 secs or less except for this first edition.
- I want to give you usable and accessible resources that can be called up easily.
- I want to leave you with a few tips for Wellbeing. Something you can implement today and one thing to think about for the future.
- I want to hear from you. Stories of Wellbeing, personal resilience, successes or challenges, your moments of awe, workflow efficiencies.

Dr. Yasmin Magdaleno, MD
Director, Faculty Wellness Initiatives
Associate Professor, Department of Pediatrics

Today's Well-being Quick Tip

Unplug from all devices for at least 1 hour and up to 24 hours (it does not count if you are sleeping). Pick a day when you are off work and unplug for all electrical devices for an hour and up to 24 hours.

<https://www.nationaldayofunplugging.com/>

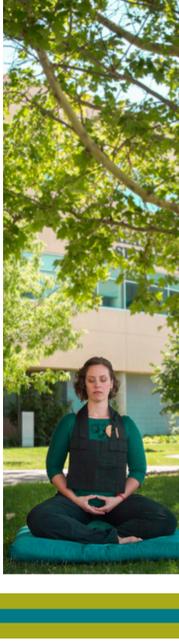
Well-being Tip to Consider

Start a journal and consider 3 good things that occurred in the previous 24 hours. It does not need to be profound; it can be as simple as finding your favorite chocolate on sale. Write down as much detail as you can about the good thing, how it made you feel and how you made this thing happen.

<https://ggia.berkeley.edu/practice/three-good-things>

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
...and other guest instructors

All are welcome.
No prior experience needed.



Support Resources for Faculty

In every edition of this newsletter, I will leave this reference page for a quick one-stop look.

I am in crisis and need help NOW. Where can I get help?

- Psychiatric Emergency Services** - Open 24 hours/day, 7 day/week. Call 505.272.9038. Available to all.
- Agora Crisis Center** - Hotline staffed by trained specialists - 505.277.3013. If you go to website, you can also find information for a chat hotline. Available to all.
- National Suicide Awareness Hotline** - 24/7 free and confidential support - 800.273.8255 and crisis text line (text home to 741741). Available to all.
- New Mexico Crisis and Access Line (NMCAL)** - 24/7 free and confidential support - 855.662.7474. Available to all.
- The Trevor Project** - Providing 24/7 crisis support to lesbian, gay, bisexual, transgender, queer & questioning (LGBTQ) young people under 25. 1-866-488-7386.

What special resources are available to healthcare workers during Covid-19?

- New Mexico Health Care Worker and First Responder Support Line** - Professional counselors are here to hear you 247/365 - always free and confidential - 855-507-5509
- Physician Support Line** - 1 (888) 409-0141 - This help line, staffed by volunteer psychiatrists, offers free and confidential peer support to physicians in the U.S. The line is available daily by calling 1 (888) 409-0141 from 8 a.m. to 3 a.m. EST seven days/week.
- The Emotional PPE Project** - Connects healthcare workers in need with licensed mental health professionals who can help. No cost. No insurance. Just a trained professional to talk with.
- Mental Health of America** - Provides a clearinghouse of free mental health resources for all frontline providers.
- SAMHSA** - Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural or human-caused disasters.

I need to talk with someone. Where can I be seen in a timely way?

- Please visit <https://mentalhealth.unm.edu/> for additional and updated counseling resources.
- Faculty may access peer support by going onto Tiger and searching for **Peer-to-Peer Support Team**.
- Anyone in the HSC community can also access counseling through the Vassar House, the North Campus branch of the **Women's Resource Center**.
- Counseling and Referral Services (CARS)** - Available to physicians and APP's.

I just want some resources to check to see how I am doing and get some tips on managing stress

- Interactive Screening Program** - To screen yourself anonymously and confidentially for depression, anxiety, burnout and more - or to have a virtual dialogue with a counselor anonymously.
- Therapy Assistance Online** - A great self-help resource available through SHAC to anyone with @salud.unm.edu or @unm.edu address. This resource allows each person to self-assess and participate in multiple curricula related to behavioral health issues such as anxiety, depression, stress.
- Mount Sinai's Well-being Toolkit** - A set of tools, including some excellent podcasts, to promote resiliency and fight burnout. Check out their excellent podcasts.
- Institute of Medicine** - Resources to support the health and well-being of clinicians during Covid-19.
- UNM Campus Climate** - Provides information on a wealth of campus resources.
- Greater Good Magazine** - A website from UC Berkeley looking at the science of how to live a more meaningful life. Sounds hokey, but great resources for self-assessment and self-care.
- Stanford Well MD** - Offers a great resource on physician wellbeing, links to other resources, self-assessments, and more.
- First Responder Resiliency** - Presented by ECHO. First and third Mondays of each month, 2 to 3 PM.



FREE WELLNESS SUBSCRIPTIONS FROM DOWN DOG & TEN PERCENT HAPPIER

How to Redeem Your Free Subscription Through June 1, 2022 from Down Dog App

- Go to www.dogdown.com/ to download the apps for smartphone, tablet or to use the apps on web.
- Open any of the apps and sign up with small and password make sure to use your salud.unm.edu email address.
- That's it! You're ready to practice!

How to Redeem Your Free 6 Month Subscription from Ten Percent Happier App

You'll redeem the code on your website, then when you open the app on your phone, everything will be unlocked.

- Open this link, to go to the gift redemption page on our website.
- If you're a new user, register an account. Keep track of which method you used so you can sign into the app on your phone the same way.
- If you have an account, tap Sign in at the bottom of the screen where it says Already have an account? Sign in and get signed in using the same method you used for your current account.
- Tap Redeem on the next page.
- Download the app from the Apple App or Google Play Store and sign in the same way you did to redeem your code.

THE UNIVERSITY OF NEW MEXICO SCHOOL OF MEDICINE

Funding Available

Scholarship in Education Allocation Committee (SEAC)

Call for Proposals

DEADLINE: MAY 16, 2022
visit goto.unm.edu/cpl-seac for all the details

The Office for Continuous Professional Learning announces the availability of funding for School of Medicine faculty in support of scholarship and research focused on the School's educational mission.

Proposals are being accepted for...



Scholarship & Research up to \$10,000

Patient Safety/Quality Improvement up to \$2,500

Wellness up to \$2,500

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 by:
Robert Schenck, MD, Editor-in-Chief
rschenck@salud.unm.edu
Lauri Hill, Managing Editor
lhill@salud.unm.edu

Healing & Medicine is our theme for the upcoming issue. From laughter to self, people to experiences—what heals you? How do you see healing, and medicine? We also invite reflections on how health care and our academic health center has changed over the last 25 years. Taking the time to share our perceptions with one another is a step on the path to healing and understanding. Please join us.

Moment of Awe

Approaching the ordinary with fresh eyes. On a run last year, I was annoyed when my dog stopped at the trail and would not keep moving. I had to look very closely, but I finally saw the thing he was staring at. Can you see it? https://ggia.berkeley.edu/practice/awe_walk



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