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## OPW Monthly GME Newsletter

February 17, 2022  
Volume 1, Issue 1

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### A message from the Office of Professional Wellbeing:

Dear UNM Residents and Fellows,

This is the first edition of our monthly Wellness newsletter. We seek to provide a concise and diverse overview of topics relevant to wellness – and are very open to feedback and collaboration. "These are hard times," and "we are running to stand still" are phrases that many resonate with to describe life and training over the past several months. In the Office of Professional Wellbeing, we do sincerely appreciate the effort and dedication you invest in your training and work. There are many areas for growth and improvement in our system; our Office strives to provide a layer of individual support, while simultaneously advocating for broader systemic and medical culture shifts. We collaborate with other institutions nationally, as well as follow ACGME and national wellness organization recommendations for strategies to support learners (and faculty) through these times. Thank you!

### FAMILY LIFE IN MEDICINE

#### Juggling Family Life in Medicine

Many residents who are parents or caring for other loved ones have faced significant challenges through the ongoing COVID pandemic, in terms of support, flexibility, and back-up care options. We recognize this has substantially affected morale and stress levels. We have met and are working with hospital leadership to strongly encourage sustainable childcare solutions for our physicians in training, as well as the broader HSC community. Leave options have also been reiterated with program leadership, with GME support.

If you are need of childcare assistance, please check out the [Health Sciences Student Emergency Relief Fund](#). This can be used when the cost of additional childcare creates a financial hardship. Residents may contact Janell R. Valdez at [JValdez@salud.unm.edu](mailto:JValdez@salud.unm.edu) for more information.

If you need an additional option for back-up childcare, please check out [Fatty Cake Nannies](#).

#### Parents in Medicine

As part of our goal of building a better shared community of parents and caregivers in medicine, we invite you to join our Parents in Medicine listserv by [filling out a request](#) to join or by emailing [OPW@salud.unm.edu](mailto:OPW@salud.unm.edu).

### MINDFULNESS AND MEDITATION

#### 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 3<sup>rd</sup>

**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.

UNM SCHOOL OF MEDICINE  
OFFICE OF PROFESSIONAL WELLBEING

### COMMUNITY CIRCLES IN YOUR PROGRAM?

## Community Circle

AN OPPORTUNITY FOR UNM SOM RESIDENTS from the Office of Professional Well-being



#### WHAT IS A COMMUNITY CIRCLE?

A *community circle* is a restorative practice that allows members of a group to come together to connect and relate in a different way from their usual work roles and relationships.

In the circle, everyone has an equal voice and there is space for each person to share what they choose based on a set of circle prompts.

These healing circles can increase feelings of connection, validate and normalize the experiences of struggles and stress that many are grappling with, and offer ideas and resources for coping in these challenging times.

#### WANT TO HOST A VIRTUAL COMMUNITY CIRCLE?

If you would like to host a virtual Community Circle during an hour of resident school or another existing meeting space, please reach out to us at [OPW@salud.unm.edu](mailto:OPW@salud.unm.edu) to schedule a time or to learn more.

### MENTAL HEALTH & COUNSELING

#### Mental Health Resources

If you're experiencing stress, feeling anxious or overwhelmed, and you need to talk to someone, or you're just looking for more information about mental health and well-being, then we invite you to visit our [Mental Health and Counseling Resources](#) page on our website to learn more or to find counseling and therapy, often at little to no cost to you.

You can also find additional information on counseling and other avenues of support, both on and off campus, with our [HSC Counseling and Psychotherapy Guide](#).



Studying medicine can be challenging in the best of times. Whatever you're working through now – pandemic stresses, current events, family pressures, work, relationship issues, grief, stress or financial concerns – it is easy to get overwhelmed without an idea of where to turn for support. The new interactive screening program (ISP) is a tool to help.

ISP is a safe and secure online tool that is being made available to all UNM medical students, interns, residents, fellows, and faculty.

It's as simple as... **Click, connect and chat!**

#### HOW ISP WORKS



#### ISP KEY PRINCIPLES

**Participant Anonymity**  
Participants feel more comfortable admitting their concerns and asking questions.

**Personal Contact with Counselors**  
Instead of computerized feedback, participants receive a response to their questionnaire from a program counselor.

**Connection to Participants' Experience**  
Program counselors make participants feel validated by responding to their experience rather than suggesting diagnoses or emphasizing the "need" for treatment.

Questions?  
Contact Liz Lawrence, MD at [LLawrence@salud.unm.edu](mailto:LLawrence@salud.unm.edu) or [OPW@salud.unm.edu](mailto:OPW@salud.unm.edu)

### NUTRITION AND MOVEMENT

#### Gym is OPEN!!!

The HSC Wellness Center, located on the second floor of Domenici Center West (DCW), directly above the UNM Medical-Legal Bookstore, has returned to pre-COVID operations. All fully vaccinated HSC faculty, staff, and students may access the gym 24/7. Facility remains badge-access only. **Face masks are required.** Users must sign in and attest to being fully vaccinated. Please visit the [HSC Wellness](#) for more information.

### What Makes Up Your Mood – Food & Mood with Dr. Maryam Makowski

Listen to the podcast episode here:  
<https://soundcloud.com/stanfordpsy/what-makes-up-your-mind-food-mood-with-dr-maryam-makowski>

"Let food be thy medicine and medicine be thy food."

So said Hippocrates, the ancient Greek physician known as the father of modern medicine. (Interestingly, he came to fame by saving Athens from a plague!) His view of food as a source of health continues to be validated by ever-evolving research, and not just good health of the body but of the mind, as well. This is the focus of this episode of What Makes Up Your Mind, with Dr. Maryam S. Makowski, clinical assistant professor in the Stanford University Department of Psychiatry and Behavioral Sciences. Her expertise is in nutrition and wellbeing, serving as a nutrition professional and physician well-being coaching in the Department of Psychiatry's WellConnect program, Stanford University BeWell Lifestyle Coaching Program, and the Associate Director of Scholarship and Health Promotion of the Stanford Medicine WellIMD & WellPhD Center.

Along with explaining how what we eat feeds our brain (or doesn't), Dr. Makowski helps us follow the process of how our bodily fuel also impacts our emotions and moods. She also discusses foods for mental alertness and performance, extra motivation when facing a daunting task, and ways food can ease anxiety and depression. Did you know that the timing of meals can be utilized for maximum positive impact?

It's all in this episode of What Makes Up Your Mind, Food & Mood, in which we learn more about the miraculous organ that is responsible for most of what makes us...us! Hard at work 24/7, our brains tell our hearts to beat, our lungs to breathe. It stores our memories and produces our thoughts. We can impact those functions of body and mind with what we eat.

Far from a message of food restriction, Dr. Makowski advocates adding more of the best foods for mental wellbeing, including how to have our favorite guilty pleasures smartly. In fact, the one simple but powerful takeaway she hopes each listener will employ is to add one fruit and one vegetable each day, then take note of the difference in just two weeks!

Dr. Makowski acknowledges the obstacles to implementing the optimum diet for mental health - from budget concerns and access to fresh foods to a need for more shopping and preparation education. However, the remedy she envisions is a healthcare system in which nutritionists and mental health professionals are available to everyone at every well-being visit.

Learn more about Dr. Maryam Makowski and her work here:  
Academic Profile: [med.stanford.edu/profiles/maryam-makowski](https://med.stanford.edu/profiles/maryam-makowski)  
WellConnect: [med.stanford.edu/psychiatry/speci\\_wellconnect.html](https://med.stanford.edu/psychiatry/speci_wellconnect.html)  
Stanford Healthy Living Coaches: [healthyliving.stanford.edu/coaching/bi...jA4MTYzMA==](https://healthyliving.stanford.edu/coaching/bi...jA4MTYzMA==)  
Stanford Faculty and Staff can sign up for nutrition coaching through BeWell Program: [healthyliving.stanford.edu/classes/reg\\_cc218ct=17](https://healthyliving.stanford.edu/classes/reg_cc218ct=17)

Performance Nutrition for Physician Trainees Working Overnight Shifts: A Randomized Controlled Trial: [pubmed.ncbi.nlm.nih.gov/34753859/](https://pubmed.ncbi.nlm.nih.gov/34753859/)

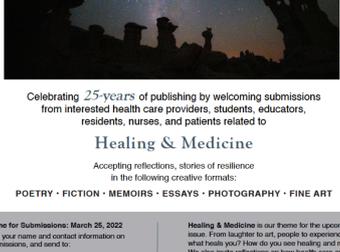
Associations Between Dietary Patterns and Sleep-Related Impairment in a Cohort of Community Physicians: A Cross-sectional Study: [pubmed.ncbi.nlm.nih.gov/34915885/](https://pubmed.ncbi.nlm.nih.gov/34915885/)

Running on empty: a review of nutrition and physicians' well-being: [pubmed.ncbi.nlm.nih.gov/27215232/](https://pubmed.ncbi.nlm.nih.gov/27215232/)

### CALL FOR SUBMISSIONS – MEDICAL MUSE

## 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 DeFrance, MD, Editor-in-Chief  
[robertd@salud.unm.edu](mailto:robertd@salud.unm.edu)  
Laura Hall, Managing Editor  
[lhall@salud.unm.edu](mailto:lhall@salud.unm.edu)

Healing & Medicine is our theme for the upcoming issue. From laughter to art, people to experiences – what's health for? 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 experiences with one another is a step on the path to healing and understanding. Please join us!

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