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OPW Monthly Student Newsletter

March 9, 2022
Volume 1, Issue 2

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Important Dates

March 17

- Next Positive Psychology Session (Class of 2025)

March 18

- Match Day!

March 20

- Gold Summer Fellowship Program application deadline
- FIRST DAY OF SPRING!

March 25

- Deadline for submissions to Medical Muse

A message from the

Office of Professional Wellbeing:

Spring is Coming!

**A LIGHT exists in spring
Not present on the year
At any other period
When March is scarcely here
-Emily Dickinson**

Spring is a time of new beginnings and transitions. As the fourth year students discover where they will be next year and make plans to move on, the third year students are making specialty choices and planning their final year of medical school. The second year students are studying for Step 1 which is followed by the long awaited transition to clinical clerkships. The first year students, still in the throws of classroom work, look forward to completing a quarter of their medical school journey. Throughout the year, please know that 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.

This springtime comes at the end of a long winter. I mean that more figuratively than literally. The past 2 years has forced us into a semi-hibernation. And now, hopefully as the viral numbers plummet and restrictions are lifted we will be able to emerge and appreciate life and the world with new eyes.

Spring is also a great time to refocus yourself toward making healthy choices so you can enjoy the seasonal changes that come with the longer days. Try and enjoy the seasonal fruits and vegetables. Spend more time outdoors in the milder weather. Be mindful of the fresh green leaves, the fragrant flowers and the new vegetation around you. Express gratitude for all that you appreciate.

We welcome your feedback and contributions to this newsletter. Please contact us at OPW@salud.unm.edu.

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

Announcing the Student Wellbeing Advisory Council

The OPW is excited to announce the formation of the new Student Wellbeing Advisory Council at the UNM SOM. Each class elected individuals to represent them on the council. The term of service will be one year with the opportunity to extend. This council will help guide the Office of Professional Wellbeing to allow us to better serve the student needs. Below are the council members. Please contact them with your observations and concerns.

Class of 2025

Gwen Maly
Alejandra Moran Olivas
Nellie Tolliver

Class of 2024

Alex Win
Alison Anderson
Eric Ensign
Tegan Clarke

Class of 2023

Christina Kurnik
Rachel Ruckman
Larimar Rodriguez
Monica Moya Balasch

Class of 2022

Rachel Baca
Rachel Rose

Thank you for all your interest in wellbeing!

Below are several comments regarding wellness from members of the council.

Taking a break from our hard studies can be beneficial for our mental and physical health. A quick stretch, a short walk, or simply staring at something far away that's not a screen can help improve focus and energy levels. It might just be the boost you need to optimize your learning. For more info on the benefits of taking breaks, check out this website.

— Alejandra Moran Olivas (Class of 2025)

I am a 3rd year medical student with an interest in psychiatry, and I believe that mental health is essential to quality of life. I would like to help my fellow medical students manage stress, deal with personal hardships, and strengthen resilience. I am excited to be part of the effort to enhance medical student wellbeing during this rewarding, enriching, and most challenging time of our lives.

— Rachel Ruckman (Class of 2023)

I am planning to pursue Dermatology. I am interested in community outreach, evaluating the impact of social determinants of health, and diversifying the areas of training, research, and leadership in medicine.

— Larimar Rodriguez (Class of 2023)

To me, wellness is how I can make it through the week, every week; in the times of constant hardship that is the medical school curriculum along with those of a young adult, it's important to take time for yourself to get away from these stressors and treat yourself to any of the ways that make you feel good. It's through these times of personal wellness—in whatever way you create your own form of wellness—that we can allow ourselves to relax and rejuvenate with energy and calmness, and to take in these moments that make you feel good when you often feel hindered by the many other aspects of life.

— Eric Ensign (Class of 2023)

I think our personal wellness should take precedence in order to fully show up to all the other aspects of our lives.

— Rachel Baca (Class of 2022)

A culture of wellbeing will improve our experience on the medical journey and allow us to best care for future patients.

— Gwen Maly (Class of 2025)

Positive Psychology

The Positive Psychology Course is offered to 1st year medical students. **Please join us for the next session at noon on March 17.** Lunch is provided. Please sign up using the flyer below so we will have enough food. This is of value even if you have not attended previously.

Positive Psychology for Medical Students

We find the phrase splattered across Instagram and coffee mugs, but what does it mean to "live your best life"? Is such a thing even possible given the stress and demands of medical school?

This seven session Positive Psychology Workshop Series for Medical Students explores these questions and provides basic training to enable your own journey towards realizing your dreams and living life to its fullest in the face of stress.

Workshop Dates

- Session 1: July 29, 2021
- Session 2: November 11, 2021
- Session 3: January 13, 2022
- Session 4: March 17, 2022
- Session 5: June 16, 2022
- Session 6: August 11, 2022
- Session 7: December 15, 2022

**All Sessions take place from 12 - 1 PM
Lunch will be provided.**

Course Materials

Free PDF of Dr. Bruce Smith's workbook, *From Surviving to Thriving* (Workbook Contribution by Carol Newman)

Scan or click the QR code to download the pdf

Presented and facilitated by award winning UNM Professor, Dr. Bruce W. Smith

Scan or Click the QR Code to Sign up for the Course

Faculty Supervisor and Coordinator: Professor Swasti Shrimali Vohra, PhD
Center for Applied Positive Psychology (CAPP) Volunteers:
Naila Decruz-Dixon, MS, Gwendolyn Maly, Savannah Ibarra, Gabriella I. Atencio

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.

UNM SCHOOL OF MEDICINE
OFFICE OF PROFESSIONAL WELLBEING

Weekly Meditation - Live

Michael Haerderle 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.

Looking for Student Yoga Teachers

We are looking for people in classes 2025, 2024, 2023 with experience in teaching yoga to help provide an ongoing virtual yoga class for medical students.
If you have an interest please contact JPhillips@salud.unm.edu.

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 Behrnek, MD, Editor-in-Chief
rbhrnek@salud.unm.edu
Laura Hall, Managing Editor
lhall@salud.unm.edu

Healing & Medicine is our theme for the upcoming issue. From laughter to art, 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.

It happens to the best of us...

Recently, if you weren't studying or in the hospital working, and had some time to view the Olympics, you may have witnessed the disappointing performance of downhill skier icon, Mikaela Shiffrin. Although her performance at this year's winter Olympics fell short she is still considered one of the best of all time. The point is, no matter how successful we all are, (and you all have been very successful) we all at times fall to meet-in-law.

My brother-in-law, who was a successful entrepreneur and graduate of the Stanford Graduate Business School used to teach a whole class on "Failure". He also had a license plate which read "OK2FAIL". He wasn't encouraging failure but rather stating that it happens to everyone and we can grow and learn from it. Below is an essay from the New York Times that addresses this issue and may be helpful.

["Mikaela Shiffrin Stumbled. What Happens Next Matters More."](#)

Talking With My Hands

Grace Ferri, a fourth-year medical student at Boston University School of Medicine, reflects on the patient who helped her remember where she came from, and—most importantly—where she belonged, during a stressful day on the wards.

[Listen to her story on the Academic Medicine Podcast](#)

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