



Outdoor Activities

-Albuquerque Biopark: Zoo & Botanical Garden

<https://www.cabq.gov/culturalservices/biopark>

-Los Poblanos Open Space

<https://www.cabq.gov/parksandrecreation/parks/prescription-trails/87107/los-poblanos-open-space>

<https://www.cabq.gov/parksandrecreation/parks/prescription-trails/87107/los-poblanos-open-space>

-Bosque Trails: Good for walking, biking, picnicking, rock throwing, and river viewing; multiple sites to explore, all the way to Corrales

<http://www.cabq.gov/parksandrecreation/open-space/lands/paseo-del-bosque-trail>

-Hikes/Camping/Mountain biking: Alltrails.com is a great website for directions and descriptions

<https://www.alltrails.com/us/new-mexico?ref=header>

-Sandia Mountain Wilderness: Foothills, Placitas, back side of the mountains

<https://www.alltrails.com/parks/us/new-mexico/sandia-mountain-wilderness?ref=header>

-Cibola National Forest: Fourth of July Canyon

<https://www.alltrails.com/parks/us/new-mexico/cibola-national-forest?ref=header>

Residents' Favorite Trails

ABQ:

- Embudito Trail
- La Luz
- Michael Emory Trail
- Piedra Lisa

A Little Farther:

- Tent Rocks
- Catherine Lake, Santa Fe
- Wheeler Peak, Taos
- Mt. Taylor

-Paved Biking Trails

- Tramway
- Bosque

-Outdoor Climbing

- El Rito
- The Enchanted Tower
- Jemez
- Diablo Canyon

-Water

Lakes: Elephant Butte, Abiquiu, Cochiti

River: Rafting/ kayaking/paddle board at the Rio Grande (in ABQ or in Taos)

<http://losriosriverrunners.com/taos-box>

Events/Things To Do

Summer

Zoo Music -lawn concert and picnic

<https://www.cabq.gov/culturalservices/biopark/events/summer-concerts>

Salsa Under the Stars & Other Concerts

<http://www.nmjazz.org/calendar-of-events.aspx>

Qbar -free salsa lessons from 8 - 9:30 pm every Thursday

Hispanic Cultural Center in SV -has flamenco performances in the summer

Summerfest -children's activities, climbing walls, a microbrew garden for those who are of age, an artisan market full of handcrafted goods by local craftsmen, food trucks

<http://www.cabq.gov/culturalservices/things-to-do/annual-events/summerfest>

Tasty Tuesdays -located in Hyder Park during the summer months, typically there is a FREE yoga class at 6 PM, live music, and excellent food truck food!

Downtown Grower's Market -Saturdays during the summer from 8-12 at Robinson Park (8th and Central).

<http://www.downtowngrowers.org>

Albuquerque Wine Festival –Memorial Day Weekend

<http://www.winecountrynm.com/2017-wine-festivals/>

Lavender in the Village –annual Lavender Festival, typically in July

<http://www.lavenderinthevillage.com>

Winter

River of Lights –During the holidays there are lights that you can walk and look at

<https://www.cabq.gov/culturalservices/biopark/events/river-of-lights/river-of-lights>

Canyon Road -Farolitos and Carols, Christmas Eve in Santa Fe

Anytime

Museums in Albuquerque and Santa Fe

<http://www.museumofnewmexico.org/index.php> -Newest Meow Wolf

Ice Skating: <http://www.outposticearena.com/>

Breweries:

Marble

La Cumbre

Bow & Arrow

Il Vicino

Bosque

Dialogue

Red Door

Boxing Bear

Nexus

Steel Bender

Brewyard

Duel Brewing

Wellness Activities

Reflective Writing

-UNM Annual Writing Retreat for Health Professionals:
<http://som.unm.edu/education/cme/2016/taos.html>

Mindfulness

-The Mindful Center: <http://themindfulcenter.com/>
-UNM Center for Life: <http://unmmg.org/clinics/cfl/mindfulness.html>

Meditation

-Zen Center: <https://www.mountaincloud.org/>
-UoA Website: <http://nccam.nih.gov/health/meditation/overview.htm>
-Gaia Guided Meditation: www.gaia.com

Yoga

-Bhava: <http://www.bhavayogastudio.com/classes/>
-3B Yoga: <http://www.3byoganm.com/yoga-schedule/>
-High Desert: <http://www.highdesertyoga.com/schedule.html>
-Dragonfly: <http://www.dflyyoga.com/pricing.html>
-Sani Yoga: <http://saniyoga.com/schedule/>
-Blissful Spirits Hot Yoga: <http://www.blissfulspirits.com>
-Hot Yoga Downtown: <http://hotyoga-abq.com/schedule>
-Prajna Yoga in Santa Fe: <http://www.prajnayoga.net/>

Yoga Events

-Tasty Tuesdays at Hyder Park: Free Classes on Tuesdays at 6 PM during the summertime
-Rooftop Yoga: On the rooftop of the Banque Lofts downtown; \$5 per class and GREAT views; more information on Facebook Page "Rooftop Yoga Albuquerque"
-YogaRita: Yoga & margaritas at El Pinto Restaurant; 10-11am or 11:30-12:30 on Sundays- \$5 for the class + \$5 off coupon for a margarita!
-Weekend Brewery Yoga: La Cumbre, Dialogue, Marble

Yoga Online

-Yoga Glo: www.yogaglo.com
-Gaia Videos on Yoga, Meditation, and Mindfulness: www.gaia.com
-Yoga Journal: <https://www.yogajournal.com/>
-Yoga for Health: <http://nccam.nih.gov/health/yoga/introduction.htm>

Tai Chi/Qi Gong

-Chinese Culture Center: <http://www.chineseculturecenter-abq.com/clas.html>

Massages and Spas

-Remedy Day Spa -right in Nob Hill, lovely little trendy spa: <https://theremedydayspa.com>
-Betty's Day Spa –intimate spa experience, good for r&r: <http://www.bettysbath.com>
-Albuquerque Baths –full spa with lovely solar heated tub and sauna: <http://www.abqbaths.com>
-NM School of Natural Therapeutics –discounted massages by students, great for a massage on a budget: <http://nmsnt.org/about-the-school/student-clinic>
-Ojo Caliente –mineral springs in northern NM: <http://ojocaliente.ojospa.com>
-10,000 Waves –inspired by Japanese hot springs resorts: <https://tenthousandwaves.com>

Gyms

- FREE HSC Gym at UNM
 - Evolv: workout classes only, ranges from yoga to weight lifting to boxing to circuit training
 - Liberty: typical gym with weights, treadmills, stair steppers, bikes
 - Planet Fitness: typical planet fitness
 - Rebel: workout classes using TRX system
 - Sports and Wellness: all encompassing gym with basketball courts, racquetball, swimming pool, weights, workout classes
 - Stone Age –climbing gym
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Books

- My Grandmother Told Me to Tell You She's Sorry**, Fredrik Backman
 - When You are Engulfed in Flames**, David Sedaris
 - Radical Acceptance**, Tara Brach
 - Kitchen Table Wisdom**, Rachel Naomi Remen
 - When Breath Becomes Air**, Paul Kalanithi & Abraham Verghese (Foreword by)
 - Feeling Good—the New Mood Therapy**, David D Burns
 - Control Your Depression**, Peter M Lewinsohn
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Techy Wellness

Podcasts

- AFP Physician Well-Being: <http://podbay.fm/show/1064701549/e/1486757734?autostart=1>
- Top 25 FM Podcasts per AFP: <http://afpjournals.blogspot.com/2016/07/25-podcast-episodes-every-family.html>
- The Doctor Paradox: <http://thedoctorparadox.com/podcast-2/>
- Souls on Fire: Narratives that Inspire: <http://fhs.mcmaster.ca/on-fire/>

TED Talks

- Brene Brown: Listening to Shame: https://www.ted.com/talks/brene_brown_listening_to_shame
- Atul Gawande: How We Heal Medicine: https://www.ted.com/speakers/atul_gawande_1
- Shawn Achor: The Happy Secret to Better Work: https://www.ted.com/speakers/shawn_achor
- Brian Goldman: Doctors Make Mistakes: https://www.ted.com/speakers/brian_goldman
- Suzie Brown: Concert of melody & Medicine: <http://www.tedmed.com/speakers/show?id=526396>

Apps for Wellbeing

Fitness –

- Fitstar – *gives you focus on specific routines*
- Myfitnesspal – *you will be shocked by the calorie counts*
- SworKit – *a plethora of guided workouts to fit the time you have*
- Scientific 7-min workout – *for workouts in a crunch*

Relaxation –

- Headspace – *meditation for health and happiness, refreshingly plain*
- Saagara (free) – *Pranayama breathing teaching*
- Calm – *guided meditations for sleep, focus, calm, no mystic talk!*
- Relax Melodies: Sleep – *fall into a deep restful sleep*
- Digipill – *the road to inner calm...*

Mindfulness –

Smiling Mind

Re-Mindful – *random reminders to smile, breath or just be*

Breathe (tools for peace) – *self reflection, check emotions, and meditation matched to your current mood*

Happier – *community blog, gratitude journal, focus on the positive*

Happify

Yoga –

FitstarBasic – *“yoga meets you where you are”*

Pocket Yoga by Rainfrog – *variety of workouts for a variety of levels*

Yoga.com: 300 Poses & Video by Plus Sports – *you will never have to miss a yoga class again*

Lifebalance – *visual calendars that help you be cognizant of how you spend your time to achieve a healthier lifestyle*

Candooit

Life-Clock

Owaves

Links

Links to individual strategies to address burnout, promote resiliency:

- <http://www.black-bile.com/> -A website dedicated to physicians suffering from depression, and those who care about them
- <http://www.ishiprograms.org/about/> -The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing
- <http://ephysicianhealth.com/> -The world’s first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <https://www.cma.ca/En/Pages/physician-health-wellness.aspx> -Description of the Canadian Physician Health Institute with links to many resources related to physician health and wellness
- <http://scpmgphysicianwellness.kaiserpermanente.org/> -Kaiser program for Physician Wellness
- <http://cmbm.org/> - Center for Mind-Body Medicine - access to evidence-based strategies for relieving stress and promoting wellness
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf> -University of Colorado toolkit for promoting well-being for physicians
- <http://wellmd.stanford.edu/> - Stanford SOM website to promote physician health and resiliency.
- <http://www.thehappyemd.com/> - Dike Drummond’s website about physician burnout and solutions
- <http://www.apa.org/helpcenter/road-resilience.aspx>
- <http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454>
- <https://www.aamc.org/initiatives/462280/wellbeingacademicmedicine.html>
- <http://www.beatingtheblues.co.uk/>

Links to resources for institutional strategies to promote resilience and reduce burnout:

- AMA Steps Forward: <https://www.stepsforward.org/modules/physician-wellness>
- American Hospital Association Call to Action, Creating a Culture of Health: <http://www.aha.org/research/cor/content/creating-a-culture-of-health.pdf>
- National Academy of Medicine announced a new Action Collaborative on Clinician Well-Being and Resilience in December 2016, aimed at building a collaborative platform for supporting and improving clinician well-being and resilience across multiple organizations. Through this link, you

can access additional information on this collaborative platform and access additional resources and papers. <https://nam.edu/perspectives-on-clinician-well-being-and-resilience/>

- Resident Doctors of Canada, Resiliency Training Website: <http://residentdoctors.ca/wellness/resiliency/>

Mental Health & Wellbeing Resources -See counseling guide attached

Text: <http://www.crisistextline.org/> -- Text CONNECT to **741-741**

Hotlines:

ADHD and ADD help/ CHADD	1-800-233-4040
Adult Children of Alcoholics	256-8300
Al-Anon Information Service	262-2177
Alcoholics Anonymous	266-1900
Addictions & Substance Abuse Program (UNM)	925-2300
Cocaine Anonymous	291-3888
National Council on Alcoholism & Drug Abuse	256-8300
Adult Survivors of Child Abuse	255-3182
Agora Crisis Center (24-hour hotline)	277-3013
Albuquerque Shelter for Victims of Domestic Violence	247-4219
Albuquerque Rape Crisis Center	266-7711
Catholic Charities	724-4670
LGBTQ Hotline	1-888-843-4564
Marijuana Anonymous	1-800-766-6779
National Sex Assault Hotline:	1-800-656-4673
National Center for Learning Disabilities:	1-888-575-7373
NM Crisis and Access Line (NMCAL)	1-855-622-7474
NM Higher Education Dept:	1-800-279-9777
Overeaters Anonymous	292-9080
Psychiatric Emergency Services	272-2920
Samaritan Counseling Center	842-5300
UNM Dept. of Psychology Clinic	277-5164
UNM Psychiatric Center/Mental Health Center	272-2870
UNM Manzanita Center	277-2132
UNM Women's Resource Center	277-3714

- Outcomes: Provides counseling, education, conflict resolution, and other services for residents and fellows. Additional information is available at www.OutcomesNM.org. 243-2551
- CARS: Counseling, Assistance and Referral Service. 272-6868
- Agora Crisis Center: Local resource: <http://www.agoracares.org/> 505-277-3013 or 866-HELP-1-NM
- Dr. Jeff Dunn, Associate Professor of Psychiatry, is available to see residents confidentially by appointment in the University Psychiatry Consultants Office located on the fourth floor of the Family Medicine Building. His office number is 272-6130 and he can be reached by email at jedunn@salud.unm.edu.
- Dr. Liz Lawrence, Director of Medical Student and Physician Wellness, is available to see residents confidentially and free of charge to talk about their concerns and to identify support resources. Appointments can be made by contacting her via email Elawrence@salud.unm.edu.

- The UNMH Alliance is a local chapter of the AMA Alliance, and our mission is to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them at:
 - Facebook: <https://www.facebook.com/groups/unmmedspouses/>
 - Website: <https://unmhalliance.wordpress.com/>

Links about suicide:

- National Suicide Prevention Lifeline: <https://suicidepreventionlifeline.org/> 1-800-273-8255 and crisis text line at 741-741
 - ACGME After A Suicide Toolkit:
http://www.acgme.org/Portals/0/PDFs/13287_AFSP_After_Suicide_Clinician_Toolkit_Final_2.pdf
 - Three leading health organizations aim to reduce physician suicides: ACGME, Mayo, AFSP:
<https://afsp.org/3-leading-health-organizations-aim-reduce-suicides-physicians-medical-trainees/>
 - American Foundation for Suicide Prevention – resources for suicide providers:
<https://afsp.org/find-support/ive-lost-someone/>
 - New England Journal article by Dean of Student Affairs about a recent student suicide on his campus: Muller D. Kathryn. NEJM 2017;376 (12): 1101-1103.
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Attachments

Cookbook: 30 Minute Healthy Meals

Counseling and Psychotherapy Guide 2016-2017: UNM Health Sciences Center
-When Should I Seek Help