

**W E L L N E S S  
A C T I V I T I E S   F O R  
M E D I C A L  
S T U D E N T S**

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SCHOOL OF  
MEDICINE  
OFFICE OF PROFESSIONAL  
WELLBEING

<https://hsc.unm.edu/school-of-medicine/education/wellness/index.html>

## Yoga Routine #1

# standing strong

(Duration: 20 min)

1. Downward dog



5. Reverse warrior



2. Lunge



6. Side angle



3. Warrior I



7. Triangle



4. Warrior II



8. Half moon



1. Hold each pose for 30-60 sec.

2. For poses that require you to switch sides, hold the position for 30 seconds before switching.

3. Repeat routine twice.

Reference: <https://www.verywellfit.com/flow-sequence-of-8-classic-standing-poses-3567186>

## Yoga Routine #2

(Duration: 20 min)



1. Hold each pose for 30-60 sec.

2. For poses that require you to switch sides, hold the position for 30 seconds before switching.

3. Repeat routine twice.

Reference: <https://avocado.com/20-minute-beginner-yoga-workout-for-flexibility/>

## Yoga Routine #3

(Duration: 35 min)

\*\*HOLD EACH POSE 15 SECONDS & REPEAT X4. REST 1 MINUTE BETWEEN SETS.



Reference: <https://groundedpanda.com/full-body-yoga-workout/>

## Journaling Technique #1: W.R.I.T.E.

*(Duration: 5-15 min)*

**What** - Identify **what** you would like to write about about write it down on paper.

**Reflect** on the topic you just identified. Start your journaling with an open-ended phrase like, "I feel", "I want", "I think", "Today", "Right now".

**Investigate** your thoughts and feelings and write down what first comes to mind.

**Time** yourself to write for 5-10 minutes. Set a timer on your phone or write the projected start and end time at the top of your page before you start writing.

**Exit** smart. At the end of your journaling session, re-read what you've written and reflect in a sentence or two by starting with the following prompts, "I notice", "I am aware", or "I feel". Notice any next action steps that you need to take.

## **Journaling Technique #2: "Worst Case Scenario"**

*(Duration: 5-15 min)*

1. Grab your journal and write down exactly what you are worrying about will happen.
2. Then ask yourself, "If this scenario happens, then what"? Write down the answer to these questions.
3. Continue asking yourself the question "Then what?" until you come up with a solution to the scenario that is scaring you and you realize that you will likely be able to handle any "scary scenario" that comes your way.

## **Journaling Technique #3: "Love Response"**

*(Duration: 20 min)*

1. Start by free-writing everything you are thinking and feeling for 5-15 minutes.
2. After you are done with your free-write identify the theme of what you wrote. This could be feeling hurt by something someone said or did, feeling afraid, feeling insignificant, or feeling worthless, etc.
3. Write in your journal in response to these feelings as if you are talking to a child or a good friend, with kindness and sincerity.
4. Although it may seem silly at first, don't respond to yourself with criticism or look to place blame on yourself for the situation.

Reference: <https://stronginsideout.com/journaling-techniques/>

## Guided Imagery Routine #1: "Kicking" Negative Emotions

*(Duration: 5-10 minutes)*

1. Lie down or sit in a comfortable position. Depending on your preference, keep your eyes open or closed.
2. For 30 sec-1 min practice Ujjayi breathing. Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat. Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.
3. Continue your breathing and read the following guided imagery script to yourself or have someone read it out loud, making sure to follow the commands in the script.

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Allow your body to feel heavy...as though you are sinking into the floor...Inhale...Exhale...Inhale...Exhale... Imagine you are standing on the soccer field...There, in the middle of the field, is a soccer ball. You slowly walk to the ball and begin to kick it around. Back and forth...up and down the field you kick the soccer ball. Notice how kicking this ball makes you feel... Now imagine any negative feelings you have are inside the soccer ball...Anger...Frustration...Sadness...Stress...Anxiety... There they are, huddled together, inside the soccer ball you are kicking around... Back and forth...up and down the field you kick the soccer ball. On your next kick, you lift your leg SUPER high...and kick that ball right out of the field. There it goes...flying through the air...taking your negative emotions with it. The ball lands softly in some grass on the other side of the field. They are gone...all of those negative emotions you were feeling are gone. You feel so much better...so much more relaxed... Your heart is full of love...happiness...You smile as you look to the other side of the field and see your negative emotions so far away from you. Inhale...Exhale...Inhale...Exhale...Take a deep breath in and imagine your whole body filling up with love and happiness. You deserve to feel love...to feel happiness...Inhale...Exhale...Inhale...Exhale...

Reference:

<http://www.learninglotuses.com/wp-content/uploads/2017/03/3-Free-Guided-Imagery-Scripts.pdf>



## Guided Imagery Routine #2: Jellyfish

***(Duration: 5-10 minutes)***

1. Lie down or sit in a comfortable position. Depending on your preference, keep your eyes open or closed.
2. For 30 sec-1 min practice Ujjayi breathing. Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat. Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.
3. Continue your breathing and read the following guided imagery script to yourself or have someone read it out loud, making sure to follow the commands in the script.

\*This script goes well with the sound of the ocean, so feel free to look up ocean sounds on YouTube when you practice this guided imagery.

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Feel your body sinking into the floor as you relax every muscle in your body...Allow your body to sink deeper and deeper...Inhale...Exhale...Inhale...Exhale... Imagine that you are a jellyfish...floating in the ocean with your friends. As you inhale, your tentacles pull you down...as you exhale, your tentacles push you forward...deeper and deeper into the ocean...Inhale...Exhale... You are floating...floating...The ocean is beautiful...the colors...the sounds...the animals... You float by a school of fish, say "Hello!" and continue on your way. Pulled downward as you inhale...pushed forward as you exhale...Inhale...Exhale...Inhale...Exhale... You are so happy...so relaxed...floating around the ocean. You are so relaxed...feeling so light and airy floating around the ocean...Inhale...Exhale...Inhale...Exhale... The ocean is huge...and you could float forever...

Reference:

<http://www.learninglotuses.com/wp-content/uploads/2017/03/3-Free-Guided-Imagery-Scripts.pdf>

## Guided Imagery Routine #3: Sunshine

***(Duration: 5-10 minutes)***

1. Lie down or sit in a comfortable position. Depending on your preference, keep your eyes open or closed.
2. For 30 sec-1 min practice Ujjayi breathing. Inhale slowly through the nose with your mouth closed, filling your body with oxygen starting at the lower belly, to the ribs, to the chest, to the throat. Then exhale through the nose, starting at the throat, to the chest, to the ribs, to the lower belly.
3. Continue your breathing and read the following guided imagery script to yourself or have someone read it out loud, making sure to follow the commands in the script.

Take a deep breath in ... slow breath out. Relax all the muscles in your body. Inhale...Exhale...Inhale...Exhale...Allow your breath to take you deeper and deeper into relaxation...Pay close attention to your heartbeat as you breathe...Notice how your heartbeat slows as you breathe deeply and relax your muscles. Allow your body to sink deeper and deeper into relaxation...Inhale...Exhale...Inhale...Exhale... Imagine you are walking along a stream...the water shiny with the reflection of sunlight...flowing gently and steadily beside you as you walk...you stop and place your hand in the water...feeling the sunlit water between your fingers... You continue walking along the field until you come to a large field of flowers...the sun is shining bright, warming your body...there is a warm, gentle breeze... You turn your face toward the sun and smile, soaking in the warmth it gives off... Take a deep breath in and imagine that warm feeling spreading throughout your body...flowing like the water in the stream...from your face to your neck...to your chest...down the right arm...and the left arm...to your hands...and your fingers... Imagine that warm feeling in your belly...spreading to your hips..down your right leg...and your left leg...to your ankles and feet...and your toes... Your whole body feels warm...flowing with warmth from the sunlight...just like the water in the stream...Take a deep breath in...a slow breath out...You love the sun and how it makes you feel...Inhale...Exhale...You smile, feeling happy and warm all over...

Reference:

<http://www.learninglotuses.com/wp-content/uploads/2017/03/3-Free-Guided-Imagery-Scripts.pdf>

## Progressive Muscle Relaxation

*(Duration: 10 min)*

1. Find a quiet place free from distractions where you can sit down or lay down.
2. Rest your hands in your lap or on the arms of a chair before beginning this exercise.
  - **Forehead.** Squeeze the muscles in your forehead, holding for 15 seconds. Feel the muscles becoming tighter and tenser. Then, slowly release the tension in your forehead while counting for 30 seconds. Notice the difference in how your muscles feel and the sensation of relaxation. Continue to release the tension in your forehead until it feels completely relaxed. Continue breathing slowly and evenly.
  - **Jaw.** Tense the muscles in your jaw holding for 15 seconds. Then, release the tension slowly while counting for 30 seconds. Notice the feeling of relaxation and continue to breathe slowly and evenly.
  - **Neck and shoulders.** Increase tension in your neck and shoulders by raising your shoulders up toward your ears and hold for 15 seconds. Slowly release the tension as you count for 30 seconds. Notice the tension melting away.
  - **Arms and hands.** Slowly draw both hands into fists. Pull your fists into your chest and hold for 15 seconds, squeezing as tight as you can. Then, slowly release while you count for 30 seconds. Notice the feeling of relaxation.
  - **Buttocks.** Slowly increase tension in your buttocks over 15 seconds. Then, slowly release the tension over 30 seconds. Notice the tension melting away. Continue to breathe slowly and evenly.
  - **Legs.** Slowly, increase the tension in your quadriceps and calves over 15 seconds. Squeeze the muscles as hard as you can. Then, gently release the tension over 30 seconds. Notice the tension melting away and the feeling of relaxation that is left.
  - **Feet.** Slowly, increase the tension in your feet and toes. Tighten the muscles as much as you can. Then, slowly release the tension while you count for 30 seconds. Notice all the tension melting away. Continue breathing slowly and evenly.

Reference:

<https://www.verywellmind.com/how-do-i-practice-progressive-muscle-relaxation-3024400>

## 5K Training Schedule

(Duration: 30-60 min)

<b>5-K Training: Novice</b>							
<b>Week</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>	<b>Sun</b>
<b>1</b>	Rest or run/walk	1.5 m run	Rest or run/walk	1.5 m run	Rest	1.5 m run	30-60 min walk
<b>2</b>	Rest or run/walk	1.75 m run	Rest or run/walk	1.5 m run	Rest	1.75 m run	35-60 min walk
<b>3</b>	Rest or run/walk	2 mi run	Rest or run/walk	1.5 m run	Rest	2 MI run	40-60 min walk
<b>4</b>	Rest or run/walk	2.25 m run	Rest or run/walk	1.5 m run	Rest	2.25 m run	45-60 min walk
<b>5</b>	Rest or run/walk	2.5 m run	Rest or run/walk	2 m run	Rest	2.5 m run	50-60 min walk
<b>6</b>	Rest or run/walk	2.75 m run	Rest or run/walk	2 m run	Rest	2.75 m run	55-60 min walk
<b>7</b>	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	3 m run	60 min walk
<b>8</b>	Rest or run/walk	3 m run	Rest or run/walk	2 m run	Rest	Rest	<b>5-K Race</b>

Reference: <http://sprintformonroe.weebly.com/training.html>

## 10K Training Schedule

(Duration: 45-90 min)

### :..... 10K Training Plan :.....

Beginner-Friendly 12 Week Plan from Snacking in Sneakers

Week	Day 1 Mon or Tues Short Run	Day 2 Weds or Thurs Short Run	Day 3 Sat or Sun Long Run
1	1	1	2
2	1.5	1.5	2.5
3	2	1.5	3
4	2	2	3.5
5	2.5	2	4
6	2.5	2.5	4.5
7	3	3	4.5
8	3.5	3.5	5
9	4	3.5	5
10	4	4	5.5
11	4	4	5.5
12	4	2	<b>10K RACE!</b>

Reference: <https://www.snackinginsneakers.com/12-week-10k-training-plan/>

## Meditations for Test Anxiety

*(Duration: 5 min each)*

**The "4-7-8" Technique :** Breathe in for 4 seconds, hold your breath for 7 seconds, and then exhale for 8 seconds. Continue this breathing for 5 minutes.

**Belly Breathing:** Place one hand on your belly and one hand on your chest. Take a deep breath in for 4 counts, and pay attention to the feeling of your belly inflating. Hold this breath for 1 count, then slowly exhale for 5 counts, letting the belly deflate again. Continue this breathing for 5 minutes.

**Breath Counting Method:** Pay attention to your breathing, and every time you exhale, count it as 1. Keep counting your breaths, but do not go over the number 5. Once you hit 5 breaths, start over from 1 again. Continue this breathing for 5 minutes.

**The Balloon Technique:** Imagine a balloon every time you breathe in and out. The bigger and longer your in-breath, the larger your balloon inflates. Then, imagine the balloon completely deflating when you breathe out. Continue this breathing for 5 minutes.

Reference:

<https://brightoutlook.global/2018/12/13/7-breathing-exercises-to-manage-test-anxiety/>

## Tips for Meal Prepping

1. Invest in high-quality Tupperware containers. Make sure that they are microwave safe so that you can reheat the containers.
2. Choose recipes ahead of time. Get a mix of macronutrients and fruits/vegetables.
  - Lean protein (chicken, fish, eggs, tofu, yogurt, beans)
  - Complex carbs (whole grain bread, quinoa, rice, oats)
  - Healthy fats (olive oil, nuts, seeds, avocado)
3. Pick a day of the week to do your groceries before the start of the next week.
4. Prep meals for the week. Set aside time to prepare meals for the next 3-5 days. After you finish cooking and portioning your meals into storage containers, refrigerate or freeze your meals. Most pre-made meals can last 3-4 days in the fridge

Some easy meals can include:

- **Breakfast:** Chopped apple, yogurt, oats, and cinnamon
- **Lunch:** Fresh salad with lots of greens, a protein, and a healthy fat topping
- **Dinner:** Cooked veggies and protein
- **Post-workout snack:** Unsweetened yogurt and banana

Reference: <https://8fit.com/nutrition/easy-steps-for-meal-preparation/>