

ACHE CENTER FOR EXCELLENCE IN WELLNESS

Wellness Domain: Physical (Mind, Body, Spirit Balance)



May you be happy.
May you be healthy.
May you be free from internal and external harm.
May you experience love, joy, and wonder just as it is.
May you have ease of the day.

This month's Wellness focus is on finding balance during this unusual time. We will focus on the Holistic approach to keeping ourselves and others in our care well. This integrates both our physical, mental, and spiritual wellbeing. These wellness domains are at the center of remaining focused and engaged in our learning process. When we are in balance, we are able to function both physically and mentally at our optimum level. This is a time to learn and grow from our current experiences. Some call this a very difficult time but it is also a time to find the opportunities to learn from what is happening in our world. COVID- 19 and the current situation in the United States is a time for growth and change. It is a time to learn from our situation and find resilience to overcome and thrive. The first step to change is finding meaning in the current situation. Meaning is different for each individual and should be valued as we are all unique. ACHE/ARCOM is growing as a community of inclusion and compassion and continues to grow and develop our Wellness commitment to our students, faculty and the River Valley Community.

What does self care look like for you...



**IF YOU NEED SUPPORT PLEASE EMAIL THE WELLNESS CENTER AT
CARMELITA.ROBERTSON@ACHEEDU.ORG OR CALL 479-308-2300 EXT. 2304.**

During this very busy time I want to encourage you to focus on self-compassion and self-care. This is a time of intense stress and concerns over the unknown. This is the perfect opportunity to begin to practice mindfulness and self-compassion. The perfect time to begin to focus on the here and now and on balancing mind, body, and spiritual wellness. To keep our balance, it is important to practice a healthy self-care routine. We need to take the time to check in with our physical and mental wellbeing and address any issues that arise. We need to take the time to practice mindfulness and engage in healthy positive thinking strategies. When we have done our very best and engaged in our tasks to the fullest extent it is time to allow ourselves a moment to appreciate what we have done well instead of only focusing on what we perceive as undone. We must be careful not to compare ourselves to others as we only see the tip of the iceberg that others present. When we are in balance in our mind, body, and spirit we can care for ourselves and others fully.

Nutrition

Well timed, well balanced, meals and snacks can keep you alert and energized throughout the day, while also helping to maintain an optimal weight. Prep meals ahead of time or order from a meal prep company. There are many options for meal replacement shakes and bars as well as pre-prepped meals. Organize your snacks for the week on the weekend so that you can grab and go.

Make sure you stay hydrated throughout the day and limit caffeine and stimulants at the end of the day. Listen to your body. Love and respect it and it will be good to you, as well. Learning to say "no" to the outside world and listening to yourself is often challenging but can help you balance life's demands.

Mental Health

If you are struggling to maintain your mental health reach out for help as everyone needs support. Take time to laugh, meditate, take a walk, and build break times into your study schedule. Take 10-30 minutes several times a day to relax and center your mind and then return to study. Your retention level will increase as your stress level decreases. Stress can lead to frustration, anger, and feelings of being overwhelmed. This is not a helpful state of mind and reduces our ability to focus on our tasks at hand. Schedule an appointment with The Wellness Center or your mental health provider. Join in a support group at <https://acheedu.org/support-workshops/>. You are not alone.

Sleep

Sleep is essential for retention and well-being. Sleeping a minimum of 6 hours a night can help you maintain focus and aid in increasing retention level. The days of pulling all night cramming are over as they do not work for medical school. This is the time to maintain your retention level at its optimum level. Stimulants and alcohol interfere with getting good sleep. If you choose to drink alcohol, set limits for yourself and stick to them. If you are struggling with staying within your limits abstain from drinking or reach out for help. Keep your sleep routine consistent and reach out for support if you are struggling to sleep.

Connection

Staying connected during a pandemic has led to some interesting and creative ways to communicate with others. It is imperative that we have connection even during this time. I am grateful for social media during this time but this not the only way to connect with others. We can take the time to reach out to others that may be isolated by volunteering in our community in a healthy and safe way. Reach out to your favorite charity and ask how you can support them. Practice Your Spiritual Wellness by taking the time to connect with something outside of ourselves. For some people, spirituality has to do with faith or religion, for others it is more about finding purpose and meaning in life. One way to do this is by having gratitude. Start a gratitude journal. One study by Lyubomirsky and her colleagues found that people who wrote in their gratitude journals once a week for six weeks reported boosts in happiness afterward; "We adapt to positive events quickly, especially if we constantly focus on them," says Emmons. "It seems counterintuitive, but it is how the mind works." Remember to give yourself credit for the things you do well each day.

Carmelita Robertson MS, LPC

**ACHE CENTER FOR EXCELLENCE IN WELLNESS
WELLNESS SUPPORT WORKSHOPS**

WELLNESS CENTER GROUP COUNSELING AND WORKSHOPS SIGN UP LINK

MINDFULNESS MEDITATION

MONDAY'S 12:00-12:30 TEAMS ONLY

**CERTIFIED TO PROVIDE KORU MINDFULNESS. OPEN TO STUDENTS
AND FACULTY/STAFF**

ANXIETY AND DEPRESSION MANAGEMENT SUPPORT

TUESDAY'S 12:00-12:30 ROOM 257

**YOU ARE NOT ALONE. IF YOU NEED SUPPORT OR JUST WANT TO
LEARN HOW TO SUPPORT OTHER'S PLEASE JOIN US.**

COPE WORKSHOP

WEDNESDAY 12:00-12:30 ROOM 257 OR ON TEAMS

**THIS WORKSHOP WILL FOCUS ON MANAGING THE CHALLENGES OF
MEDICAL SCHOOL AND HEALTH SCIENCES CAREER TRAINING.
EMPHASIS WILL BE ON MANAGING STRESS, STUDY SKILLS AND SELF-
REGULATION.**

AVOIDING BURNOUT WORKSHOP

THURSDAY 12:00-12:30 ROOM 257 OR ON TEAMS

THURSDAY 6:00-7:00PM (TEAMS ONLY)

**THIS GROUP FOCUSES ON SELF-CARE AND STRATEGIES TO COMBAT
BURNOUT AND COMPASSION FATIGUE.**

ART FOR RELAXATION

FRIDAY 4:00-4:30 ROOM 257

**ART SUPPLIES AVAILABLE FOR THOSE THAT WANT TO ENGAGE IN
ALL FORMS OF EXPRESSION THROUGH CREATIVE TALENTS. THIS IS A
COME AND GO FORMAT.**

YOGA

MORE INFORMATION TO FOLLOW.

QPR SUICIDE AWARENESS GATEKEEPER TRAINING

**CENTER FOR EXCELLENCE IN WELLNESS HAS BEEN CERTIFIED TO
PROVIDE TRAINING FOR SUICIDE AWARENESS.**

PLEASE E-MAIL THE WELLNESS CENTER FOR A TIME SLOT.

October COSGP- Overcoming Imposter Syndrome in Medical School

“How did I even get into medical school, there must have been some mistake. Everyone around me is so smart, I can barely keep up.” The purpose of this initiative is to spark conversation among medical students throughout the country and raise awareness for feelings of imposter syndrome that may be present in our everyday lives. By becoming more vulnerable and sharing our experiences, we will build a community in which we can express our own concerns and acknowledge that we are not alone. Suzanne Imes and Pauline Rose Clance first described this “syndrome” in 1978 as occurring in high achieving women, but shortly after clarified that Imposter Syndrome was not specific to women. While there still seems to be a preponderance of women who identify with these feelings, studies show that under pressure, men may be more affected by imposter syndrome than women. Feeling like an imposter can be detrimental to good mental and physical health. Medical school, while never easy, has become particularly stressful in the past decade. The exhausting pace of medical school, the inherent competition for research and leadership experiences, and the ever looming specter of the licensing exams (USMLE) saps the enthusiasm and empathy with which students arrive at school. Feeling like they are “not good enough” on top of these stressors makes students question their abilities and, in many cases, can lead to social isolation, academic difficulties, and misaligned career paths. Even if career choices are not directly affected, feeling like an imposter causes individuals to have difficulty enjoying or taking credit for their successes. A 2016 article, *Imposter syndrome and burnout among American medical students: a pilot study*, concluded that a quarter of male medical students and nearly half of female students experience imposter syndrome and report burnout components of exhaustion, cynicism, emotional exhaustion, and depersonalization. There is also some evidence that society’s engagement and reliance on social media in the modern era contributes to our feeling of being imposters. Premed and medical school blogs and social media sites tend to portray the need to be ‘perfect’ or to hide one’s flaws. This is exactly the opposite of a growth mindset that is key to learning and success in medicine. Can these feeling be mitigated? Yes they can! As students and physicians, we need to acknowledge that we are mere mortals, subject to the same faults and human failings as the rest of the population. Yes, we must try hard to be the “ideal” student and physician, but trying our best does not mean we will always be perfect. The weight of living up to an ideal can be exhausting. We need to break the silence and isolation that surrounds imposter syndrome by sharing our stories. Hearing that mentors and advisors struggled with and survived these feelings provides guidance to recognize and address the symptoms of imposter syndrome and burnout and seek help early. An article in the *Journal of Physician Assistant Education* in 2007 recommends a three-point exercise to recognize imposter traits: Acknowledge both positive feedback you have received and your doubts about its authenticity. This will demonstrate how you discount the opinion of other people. Examine the messages you receive about yourself from others. Understanding the source of your negative self-image can empower you to break free. Visualize telling your mentors and peers how you have “fooled” them. This will help you realize how absurd your words might sound to them. Once you recognize that you might have imposter syndrome, seek out an advisor or mentor. It is important to gain perspective as you will realize that you are not alone. Almost everyone at some point in their lives or in certain situations feel like imposters. Another tip is to recognize that a student is NOT expected to know as much as an experienced physician. Embrace being a novice and focus on developing a growth mindset. Each student enters medical school with different strengths. Comparing yourself to your peers is unhelpful, but sharing expertise among colleagues lifts everyone’s performance. Your school did not make a mistake. You do not need to be someone perfect. You are enough.

Roshini Pinto-Powell, MD, FACP; <https://students-residents.aamc.org/attending-medical-school/article/imposter-syndrome/> Retrieved 10/8/2020 9:34 AM



Happy students. Healthy living.

OCTOBER 2020

Effective time management for students juggling multiple responsibilities

For some, time management comes easily, and for others, it takes more of a concentrated effort. Whichever category you fall into, most people have some room to improve their time management skills to be more productive in everyday life. With plenty of responsibilities and deadlines in the classroom, college is the perfect time to fine-tune this skill. With COVID-19 causing changes to our daily schedules over the past several months, you may have been finding it more difficult than usual to manage your responsibilities. The following are some tips to help you effectively manage your time as a busy college student.

Plan ahead.

One of the best ways to efficiently manage your time is to plan ahead and prioritize your schedule. You can either keep a weekly to-do list, use a planner, or maybe even both—find what works for you to stay organized. By writing everything down, it helps ensure you don't forget anything. Be realistic about how long an item on your to-do list will take and what you have time for. It might be helpful to have one list for all school-related tasks and another for other responsibilities or use highlighters to categorize by color.

Prioritize schoolwork.

For school-related tasks, such as assignments, exams, and papers, rank them by when they are due and how much of your final grade they are worth. For example, spend more time studying for an exam worth 30% of your final grade over a homework assignment worth only 5%. Also, prioritize assignments due sooner.

Do a little each day.

It can be helpful to space tasks out and do a little at a time, especially when it comes to longer written assignments and exams. Otherwise, it can feel stressful and daunting to try and complete an assignment in one study session. Try reserving shorter blocks of time throughout the week to work on an assignment.

Manage distractions.

When you are focused on coursework or a task from your to-do list, minimize distractions so they don't detract from your productivity. Put your phone on silent and out of sight, and find a place to work where you won't be interrupted. If your roommates or family members are around, let them know ahead of time you will be studying and kindly ask them not to interrupt you. If background noises are bothersome, try putting headphones on and listening to classical music.

Find balance with a busy lifestyle.

It can be difficult to balance school and all the other obligations in your life. Remember: there are only so many hours in a day, which means you can't do it all. It's okay to say "no" to something that isn't a priority that week. Some weeks you might not have as much time for leisure or social activities. However, it is important to balance your workload with activities that help you de-stress and recharge. As you work through tasks on your to-do list, reward yourself with short breaks. It's important to get up, stretch and give your eyes a break periodically. Also, try to incorporate exercise or some type of physical activity into your schedule most days of the week, which often helps with focus and productivity when performing other tasks.

For additional tips and resources,
contact WellConnect today.

866-640-4777 | wellconnectforyou.com
FREE, CONFIDENTIAL & AVAILABLE 24/7

WELLCONNECT
POWERED BY NEW DIRECTIONS



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