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# NM SCHOOL OF MEDICINE OFFICE OF PROFESSIONAL WELLBEING

## OPW Monthly GME Newsletter

March 16, 2022  
Volume 1, Issue 2

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### A message from the Office of Professional Well-being:

Dear UNM Residents and Fellows,

Welcome to our March edition of the monthly GME/OPW Wellness Newsletter! It was a privilege to meet with many of you at the "Thank a Resident day" last month, complete with Girl Scout Cookies. Hopefully those of you who were not able to pick up cookies, have been able to come by GME for a box (or please contact us otherwise). While we are transitioning to less intense times of Covid, it has been difficult to bear witness to the tragedies in Ukraine and many other stressors locally and in our world. We honor that for many, this may bring up difficult feelings with other prior traumas or lived experiences. As always, regardless of the triggers, influences or circumstances, we seek to support you in terms of wellbeing and resources. We are very open to feedback for newsletter ideas and residency wellness, as well. Thank you!

Dr. Kristina Sowar, MD  
Director, GME Wellness Initiatives  
Associate Professor, Department of Child and Adolescent Psychiatry

### FAMILY LIFE IN MEDICINE

#### Families in Medicine

We are a part of campus wide conversations and work up to improve access to and childcare services for all here, especially residents and fellows.

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

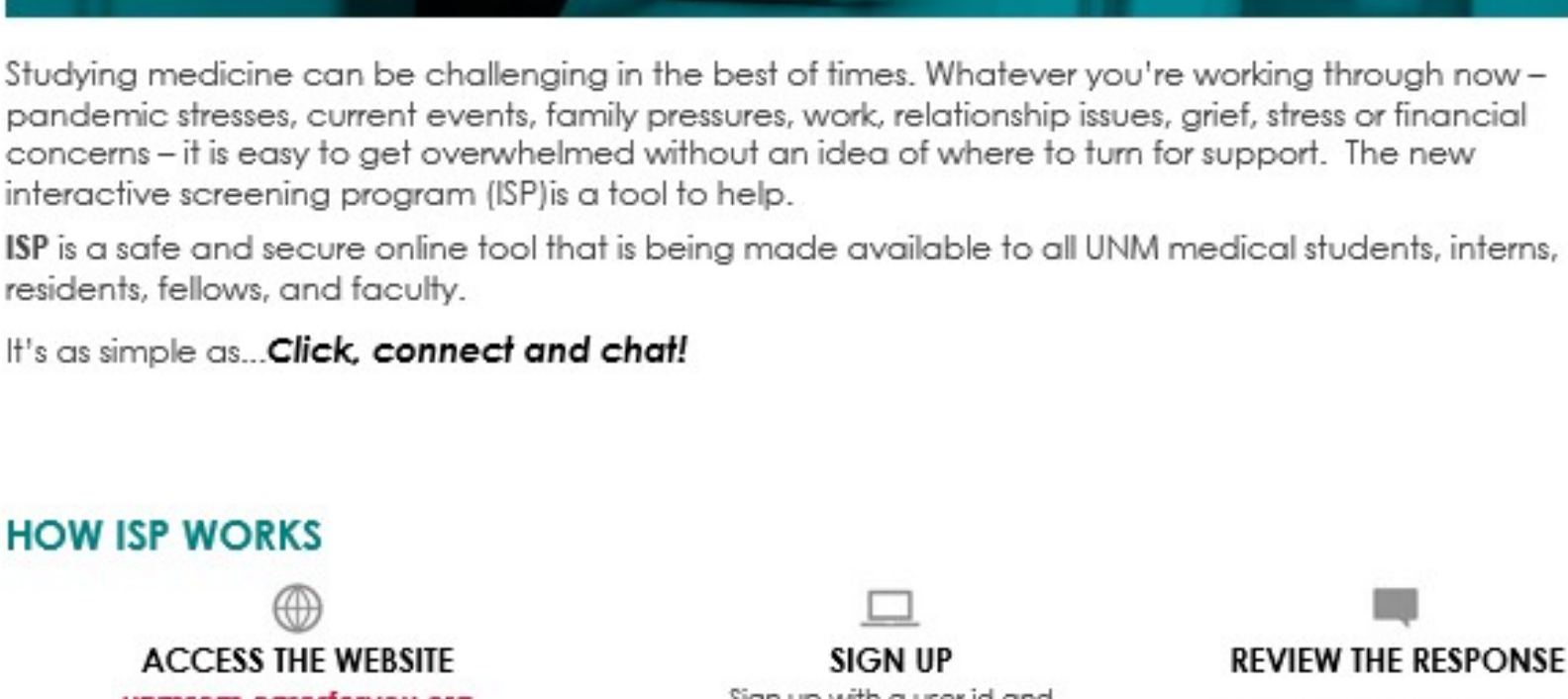
#### Emergency Childcare Fund

If you are in need of childcare assistance, please check out the [Health Sciences Student Emergency Relief Fund](#), which can be used when "the cost of additional childcare creates a financial hardship. Solutions around childcare in these unprecedented times will be unique to every family... Our hope is to help prevent students from having to make the difficult choice between studying or not proceeding to stay home because the cost of childcare is too expensive." Residents may contact Janell R. Valdez at [JrValdez@salud.unm.edu](mailto:JrValdez@salud.unm.edu) for more information.

### MENTAL HEALTH & COUNSELING

#### Mental Health Resources

If you are struggling with depression, burnout, anxiety or other concerns, please consider completing our Interactive Screening Program (see flyer below). You can also visit the [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 (including Outcomes, which often see residents and fellows in relatively short time). 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](#). Lastly, please feel free to reach out directly if you have other concerns about yourself or about a peer/colleague.

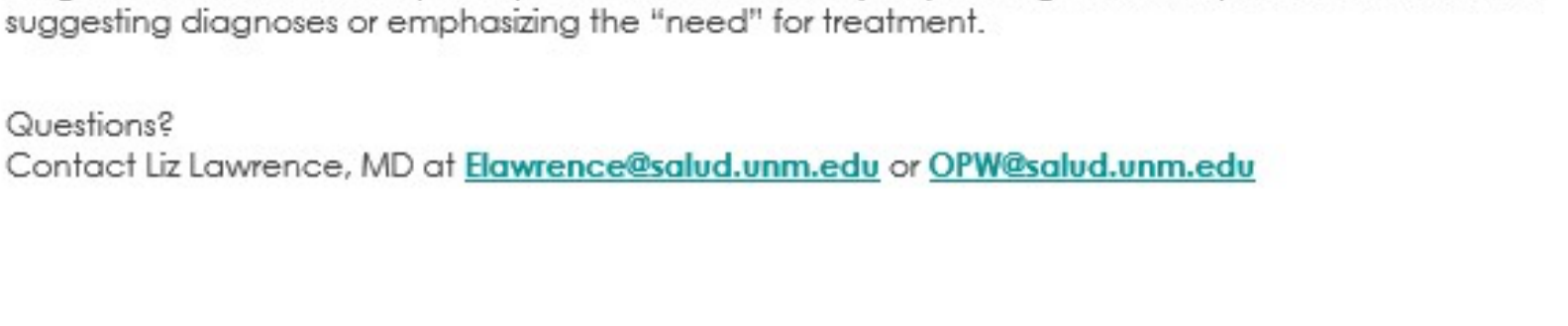


Studying medicine can be challenging in the best of times. Whatever you're working through now – pandemic stresses, current events, family pressures, work, relationship issues, grief, stress or financial concerns – it is easy to get overwhelmed without an idea of where to turn for support. The new interactive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

### PEER SUPPORT

#### Peer Support at UNM

Peer Support can be a great way to connect, gain support, and build resiliency through difficult times like residency! Nationally, there is increased momentum to provide this as part of our wellness toolkit, through residency and beyond. Please see flyer below for Peer Support here at UNM.

## Partner up for Peer Support

Peer support is an important aspect of professional resiliency and proven to improve burnout. In these unprecedented times of clinical and personal challenge, we encourage you to reach out to your peers.

The Office of Professional Well-being is supporting the use of the PeerRxMed™ program as a resource for peer support. PeerRxMed is a free peer-to-peer program for all healthcare professionals that will send you prompts and reminders to reach out to the peer of your choice. This is NOT therapy.

#### To sign up:

1. Think of a peer who you know or someone you'd like to know better. They don't have to work in the same division, department or hospital as you. Communicate with your potential peer about the process or send them the link to the website ([www.peerxmed.com/process](http://www.peerxmed.com/process)).
2. If you need help finding a peer, [click here](#). We'll do our best to match you within our organization.
3. Go to [www.peerxmed.com/process](http://www.peerxmed.com/process) and use the "Sign Up" button. You'll receive an email confirmation. There's no cost to you.
4. Receive emails with helpful prompts and reminders to check in with your partner.



### FREE APPS FOR HOUSESTAFF

**FREE WELLNESS SUBSCRIPTIONS FROM DOWN DOG & TEN PERCENT HAPPIER**

How to Redeem Your Free Subscription Through June 1, 2022 from Down Dog App

1. Go to [downdogapp.com](http://downdogapp.com) to download the apps for smartphone, tablet or to use the app on web.
2. Open any of the apps and sign up with email and password - make sure to use your salud.unm.edu email address!
3. That's it! You're ready to practice!

How to Redeem Your Free 6 Month Subscription from Ten Percent Happier App

You'll redeem the code on our website, then when you open the app on your phone, everything will be unlocked.

1. Open [this link](#), to go to the gift redemption page on our website.
2. If you're a new user, register an account. Keep track of which method you used so you can sign into the app on your phone the same way.
3. If you have an account, tap Sign In at the bottom of the screen where it says Already have an account? Sign in and get signed in using the same method you used for your current account.
4. Tap Redeem on the next page.

Download the app from the Apple App or Google Play Store and sign in the same way you did to redeem your code.

### 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.

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### SUPPORT FOR UKRAINE

#### Supporting Medical Efforts in Ukraine

With the ongoing crisis in Ukraine, we wanted to provide links to a couple organizations, [Isaiah Rubicon](#) and [Red Cross](#), providing support to those being impacted by the crisis. For those of you that would like to donate or learn more about the work they're doing, you can follow the links above to access their respective donation pages.

### CALL FOR SUBMISSIONS

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 26, 2022**  
Include your name and contact information on all submissions, and send to:  
Robert Sanchez, MD, Editor-in-Chief  
[rsanchez@salud.unm.edu](mailto:rsanchez@salud.unm.edu)  
Lauri 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 heals you? How do you see healing and medicine? We also make reflections on how health care and 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.

### PODCAST OF THE MONTH

#### Being Well Podcast

Dr. Rick Hanson has taught thousands of people how to be well over the last 30 years, and now he's sharing some of his best tips and practices in the *Being Well* podcast. The *NY Times* bestselling author will teach you how to increase your everyday happiness, build inner strength, and get the most out of life. Join Rick, his son and co-host, Forrest Hanson, and an ever-expanding roster of world-class guests every week for lively and thought-provoking conversation, and practical tips and tools for *Being Well*. Visit the [website](#) to listen to the podcast and to learn more.

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