

# MSWP NEWSLETTER

## WELLNESS Q & A

### Q: WHY GO TO WELLNESS?

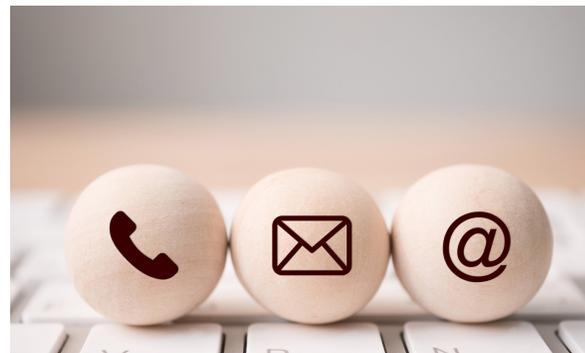
Our mission is to help you no matter if you are struggling with something big or small. Our clients are seen on average once every two weeks for as long as they think necessary. This could be just a handful of weeks or if desired can extend your entire time of medical school.

### Q: HOW MUCH DO SERVICES COST?/ DO YOU TAKE INSURANCE?

The Wellness program is free to students, we do not require a co-pay and we don't charge your insurance.

### Q: CAN I SWITCH MY PRESCRIBER TO SOMEONE IN THE WELLNESS PROGRAM?

Yes! Wellness has a Psychiatrist (Dr. Michelle Vo) who can see students free of charge and prescribe psychiatric medication to them. If you are interested in switching your provider to Wellness please email [somwellness@hsc.utah.edu](mailto:somwellness@hsc.utah.edu)



### CONTACT US

[SOMWELLNESS@HSC.UTAH.EDU](mailto:SOMWELLNESS@HSC.UTAH.EDU)

Instagram: [@WELLNESS\\_SOM](https://www.instagram.com/WELLNESS_SOM)

## WELLNESS ACTIVITIES

Support Groups held over Zoom

**Lean In** - (Female Identifying Students)

**Mens Group**

2 & 4th Tuesday of each month @Noon  
LGBTQIA

2nd Tuesday of each month @5:30  
BIPOC

3rd Tuesday of each month @5:30

**SOS** (Significant Other Support Group)

4th Tuesday of each month @5:30

# STRATEGIES TO INCREASE DISTRESS TOLERANCE

BY: TARA GREENE, CSW



Everyone experiences stress throughout life. The stresses can vary from interpersonal relationship issues, financial worries, to most common for medical students, demands of academic performance.

Many medical students report feeling anxiety, sadness, anger, loneliness and depression throughout their medical education. These emotions can be very overwhelming and distressing, especially if you feel them for long periods of time.

Learning distress tolerance can make a positive difference in your ability to handle the stress of medical school. Distress tolerance is a person's ability to manage and cope with unpleasant emotions. It involves identifying the emotion, tuning into the felt senses within the body and making it through the stressful situation without making it worse.

## **Distress tolerance techniques that might be helpful are:**

**Distraction:** take a brief time out from your worry and focus on something else.

**Move your body:** just 5 minutes of exercise can make a big difference to your mood.

**Practice self-soothing:** try different sensory experiences that involve sight, sound, smell, taste or touch.

## **5 minutes of a mindfulness practice called RAIN:**

**Recognize:** What are you feeling? Is it sadness, frustration, anxiety, etc.

**Allow:** Can you allow the feeling? Allowing the feeling to exist in your body doesn't make it true or right; rather allowing the feeling to exist reduces resistance and allows us to move through the emotion more quickly.

**Investigate:** Where do you feel the emotion? Tune into the felt sense in your body, do you feel tension in your shoulders? Nausea in your stomach? Staying with the felt sense in your body increases your affect tolerance.

**Nurture:** Is there a way you can nurture yourself?

Perhaps a meaningful connection with a friend or family member, a brief nap or a few minutes outside soaking up the sunshine.

-RAIN from Tara Brach, Radical Compassion

Be patient with yourself. It takes a lot of practice to become comfortable sitting with distressing feelings. If you don't feel relief using some of the techniques you may be holding some distress intolerant beliefs such as: "I can't cope with this," "I hate this feeling," "I will always feel this bad," or "this is just how I am." These negative beliefs can lead to maladaptive behaviors such as numbing with drugs or alcohol and sometimes self-harm. If you need support managing distressing feelings reach out to Wellness.

We are here for you!

More details available at the following websites:

<https://www.verywellmind.com/distress-tolerance-2797294>

<https://www.sunrisertc.com/distress-tolerance-skills/>