

MSWP NEWSLETTER

SUMMER WELLNESS RESOURCES

The following information from the University Counseling Center describes Summer 2021 Mindfulness Center programming.

- **Drop-In Mindfulness** are 30-minute facilitated meditations held on Tuesdays @ 12:30 PM. Drop-ins are ongoing and registration is not required.
- **Coping COVID Chaos** is a 3-week workshop, which aims to help participants learn skills to manage distress, increase compassion, strengthen relationships, and connect with others who are dealing with the chaos of the COVID-19 pandemic. The workshop meets Thursdays from 11 AM – 12 PM and starts July 1st.
- **Feel Better Now** is a 4-week skill building workshop series, which is offered on Tuesdays 1 – 2 PM and Wednesdays from 1 – 2 PM. The workshop helps participants to build practical skills to cope with anxiety, depression, and stress. New series start May 18th.
- **Mental Coaching** is a 4-week skill building workshop series for neurodiverse students wanting to improve planning, follow through, and time management. The series runs on Tuesdays from 3:30 – 5 PM and start on June 8th.
- **Mindful Work/Life Balance** is a 4-week workshop series for U faculty, staff, and graduate students. The workshop introduces participants to mindful strategies for managing work/life stress. The series runs on Fridays from 11 AM - 12PM and starts June 4th.
- **Radical Self-Compassion for BIPOC Students** is a 2-day workshop for U of U BIPOC (Black, Indigenous, People of Color) graduate and undergraduate students. Workshops will focus on using mindful self-compassion as a source of healing and resistance. The workshop meets on Thursdays from 1 PM – 2:30 PM at starts May 26th.



CONTACT US

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More information to
come on summer
resources from the
Medical Student
Wellness Program!

'Tis the season of final exams, and dedicated study time for many of you. Here are some tips for feeling grounded while studying, written by our Program Coordinator, Meghan Sullivan, LCSW.

Basic Study Tips:

- Mimic study habits to what exam day will be like
- Take breaks to step away from screen, and re ground/re center yourself (can be brief, whatever time allows. If brief, follow during study/exam notes. If long, perhaps 30 minutes of movement (walk, yoga etc) eating lunch, drinking water/other beverage
- The mind needs time at night to wind down, if one goes directly from studying to sleep, the mind may still be active and latching onto any stressors it can to stay active
- Try to do more review in the evening so it is not as stimulating
- Engage in transitional activity from study time in the evening to sleep (mindfulness, drinking warm beverage and noticing sensation of temperature/taste, relaxing music, a tv show or book that is not stimulating)
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When beginning to study or take exam:

- Engage in transitional activity when going from study to rest or vice versa (could be something of routine, making coffee, tea, listening to music, washing dishes, picking clothes up from off the floor, walking around the block)
- When sitting down to begin studying/exam try to not begin right away. Give a moment to sit. Maybe closing eyes, or taking a few deep breaths. Asking yourself how am I doing? What am I feeling?
- Identify positive affirmation when beginning, "I can do this"

During study/exam (or any point)

*Often times when studying, or in an exam, a few questions could go by and you may not even realize that you weren't reading the questions, or that even though you are on question 15, you are still thinking about question 10. This is a great opportunity to check in with yourself and take a moment to pause, and reset so you return to study/exam with fresh eyes – this break can be very brief!

- Notice how your feet/toes feel in your socks/shoes
- Notice how your body makes contact with your seat/chair
- Take thumb to press each of your fingers to bring in body awareness to hands
- Take three deep breaths, noticing how the air travels in through your nostrils, back of throat, filling up lungs, and the contrast/release physically when you exhale
- Repeat mantra, "I am breathing in, I am breathing out" "I am, here"
- Place hand or hands on heart, to notice heartbeat for 5-10 seconds or 3-5 rounds of breathing
- Close eyes, and create small movements in the body: head/neck circles, shoulder circles, roll out wrists, wiggle fingers/toes
- Create tension in the body, and then release it (squeeze fists, clench jaw, lift shoulders up to ears and notice the contrast in sensations)
- 5, 4, 3, 2, 1 Exercise: Name 5 things you can see in the room with you. Name 4 things you can feel ("chair on my back" or "feet on floor") Name 3 things you can hear right now ("fingers tapping on keyboard" or "tv") Name 2 things you can smell right now (or, 2 things you like the smell of) Name 1 good thing about yourself
- Re-orient yourself in place and time by asking yourself some or all of these questions: Where am I? What is today? What is the date? What is the month? What is the year? How old am I? What season is it?