



@mcgwellness



EMOTIONAL

- Mandatory wellness activities are great check-in points to think about wellness, but we all know that wellness extends beyond that. Sahaana and Shamara have been working on ways to address acute and long-term emotional wellness. We're happy to announce our [Anonymous Wellness Bulletin](#) for those who would prefer to discuss with their peers privately. We're also working on setting up a program where students may sign up to have a "WellPal" to have someone to speak with throughout the school year. To gauge interest for this program, please fill out this [WellPal interest form](#) if you'd like to receive or provide support to a peer.
 - To relax, watch these [mesmerizing animations](#) by Motion Graphics Artist Andreas Wannerstedt from Sweden.
 - Listen to some [lofi beats](#) (I personally love to study with this one too - Sah).
 - Some students have reached out regarding the effects of "virtual" fatigue that stem from the increased screen time necessary for life during the pandemic. Because of this complete online transition, they find that boundaries between work and play, among others, have been skewed and dealing completely with online resources has left them increasingly burned out and unadjusted. If you are feeling this way, here are a few links that will help further describe this phenomenon and provide ways to counter it.
 - [Overcoming Virtual Fatigue Burnout](#)
 - [Virtual Hangouts: Why it's OK to Decline to Protect Mental Health](#)
 - [Zoom Fatigue is Taxing the Brain: Here's Why it Happens](#)
 - [Music in Medicine](#) has released video performances to boost morale during this time. Please enjoy these incredible pieces played by our very own MCG students and faculty.
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FINANCIAL

- One of my friends is a financial advisor who has created a podcast as well as social media to help millennials gain financial literacy. Give it a listen [here!](#)
- Join the [MCG Opportunists GroupMe](#) where students post great deals they come across!
- The AAMC has a [Financial Wellness Program](#) to provide financial education to medical students and residents. They have videos, financial health checks, goal settings activities, and more. You can even earn a certificate of completion.
- If you're ready to put the financial power back into your hands, check out one of these great [budgeting apps](#).
- For female medical students interested in investing, there is a female oriented [platform](#) created to facilitate financial independence for women.
- Financial awareness is important when the economy is experiencing significant changes. Now might be a great time to take stock of your personal finances. Here are some tips that can help you improve your financial awareness and security.
 - [Financial Emergency Plan](#)
 - [On Budget](#)
 - [Organize Your Finances](#)
 - [Shrink Your Debt](#)
 - [Spending Break](#)
 - [Track Spending](#)
 - [Save for the Future](#)



OCCUPATIONAL

- Sometimes, it's nice to see that you're not the only one on this journey. Aside from providing some calming music and some nicely decorated study spaces, these vloggers remind me to reflect on my own experience and that medical school isn't easy for anyone. Here are a few of my favorite med school youtubers who are quite transparent about their ups and downs through school.
 - [Med School Insiders](#) has quick tips and guides and it's curated by several graduated MDs.
 - [KianMDvlog](#) is a Canadian M2 who has relatable videos over her daily activities and wellness.
 - [White Coat Chronicles](#) is done by an M4 in Atlanta who just matched in Emergency medicine.
 - [Strive to Fit](#) is a EM resident in NY with great fitness and organization tips.
- A couple of the M3's, Vamsi Reddy and Akul Munjal, have taken to creating a podcast entitled "Borborygmi: Food For Thought." Check out their relevant episodes on mental health during a pandemic and education on [Apple Podcasts](#) or [Spotify](#).

- As the year is wrapping up, I encourage you to do some reading to enrich your medical toolkit in various ways. Here are a few books that I have enjoyed over the years. P.S. I own all these books so let me know if you'd like to borrow one when quarantine is over :)

-Sham

- [Medical Apartheid](#) - The product of years of prodigious research into medical journals and experimental reports long undisturbed, *Medical Apartheid* reveals the hidden underbelly of scientific research and makes possible, for the first time, an understanding of the roots of the African American health deficit. At last, it provides the fullest possible context for comprehending the behavioral fallout that has caused black Americans to view researchers—and indeed the whole medical establishment—with such deep distrust. No one concerned with issues of public health and racial justice can afford not to read *Medical Apartheid*, a masterful book that will stir up both controversy and long-needed debate. (Yes, I am going to keep promoting it because I think every medical student should read it)
- [How Doctors Think](#) - On average, a physician will interrupt a patient describing her symptoms within eighteen seconds. In that short time, many doctors decide on the likely diagnosis and best treatment. Often, decisions made this way are correct, but at crucial moments they can also be wrong—with catastrophic consequences. In this myth-shattering book, Jerome Groopman pinpoints the forces and thought processes behind the decisions doctors make. Groopman explores why doctors err and shows when and how they can—with our help—avoid snap judgments, embrace uncertainty, communicate effectively, and deploy other skills that can profoundly impact our health.
- [Overtreated](#) - Our health care is staggeringly expensive, yet one in six Americans has no health insurance. We have some of the most skilled physicians in the world, yet one hundred thousand patients die each year from medical errors. In this gripping, eye-opening book, award-winning journalist Shannon Brownlee takes readers inside the hospital to dismantle some of our most venerated myths about American medicine.
- [Crazy Like Us](#) - In *Crazy Like Us*, Ethan Watters reveals that the most devastating consequence of the spread of American culture has not been our golden arches or our bomb craters but our bulldozing of the human psyche itself: We are in the process of homogenizing the way the world goes mad. When we examine our assumptions from

a farther shore, we begin to understand how our own culture constantly shapes and sometimes creates the mental illnesses of our time. By setting aside our role as the world's therapist, we may come to accept that we have as much to learn from other cultures' beliefs about the mind as we have to teach.



SPIRITUAL

- **Ramadan Mubarak!** We are wishing peace and wisdom to all our classmates and friends celebrating Ramadan during this time. NPR recently released [this article](#) discussing how observers are adjusting their practices during quarantine.
 - Interested in practicing **mindful meditation**? This article from [The Harvard Gazette](#) details the benefits of this practice and provides tips on how to begin your journey to less stress and a clearer mind!
 - Don't forget that [Headspace](#) is free for AMA members and has plenty of great guided meditations!
 - Want to begin **reflective journaling**? Check out [How to Start a Journal: the Complete Beginner's Guide](#) from Glowing Pains - a blog all about realizing personal freedom.
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