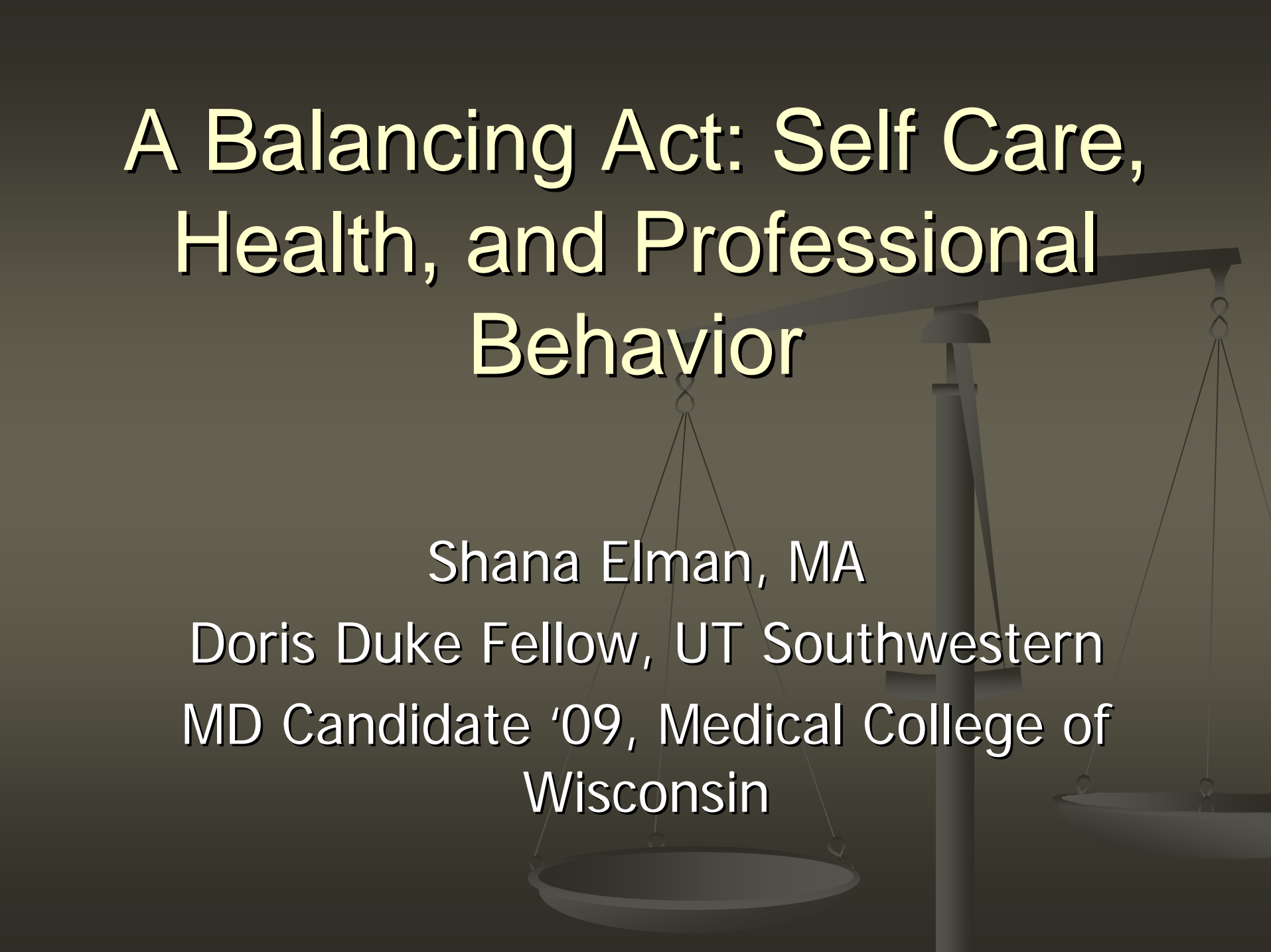


A Balancing Act: Self Care, Health, and Professional Behavior



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live with intention.

walk to the edge.

listen hard.

practice wellness.

play with abandon.

laugh.

choose with no regret.

continue to learn.

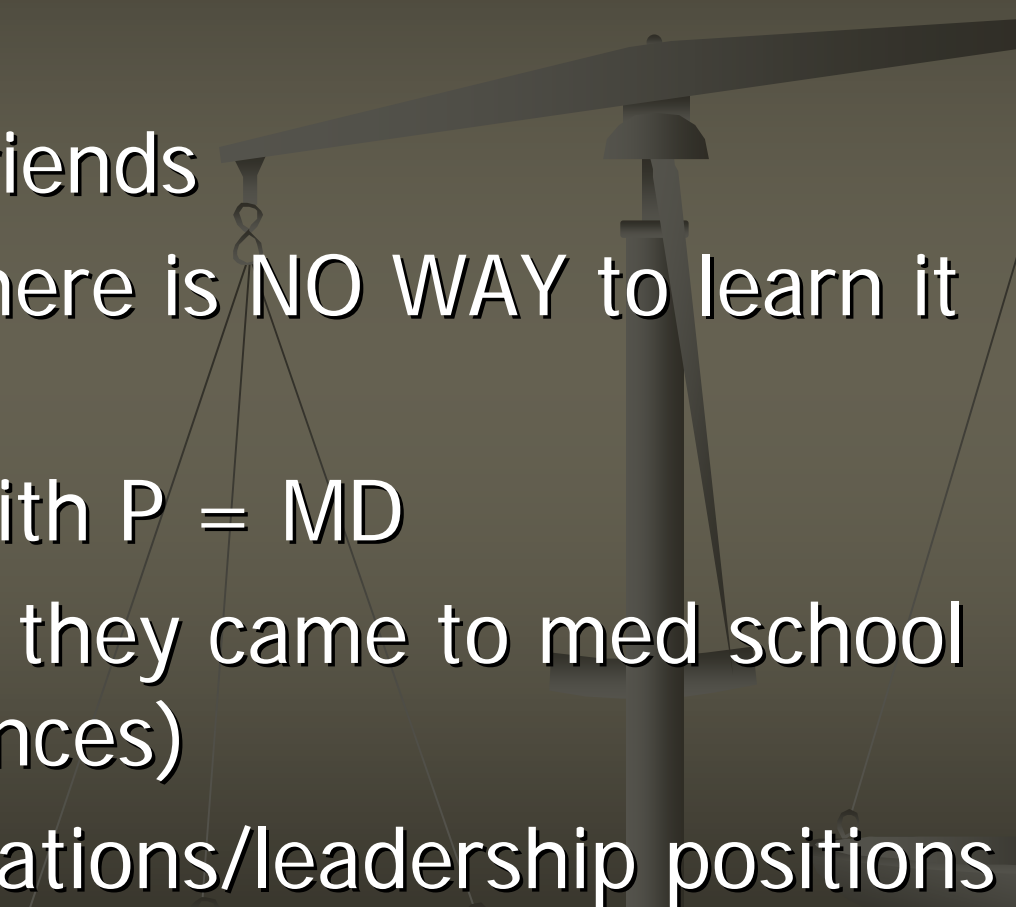
appreciate your friends.

do what you love.

live as if this is all there is.

-mary anne radmacher

Methods for dealing with stress

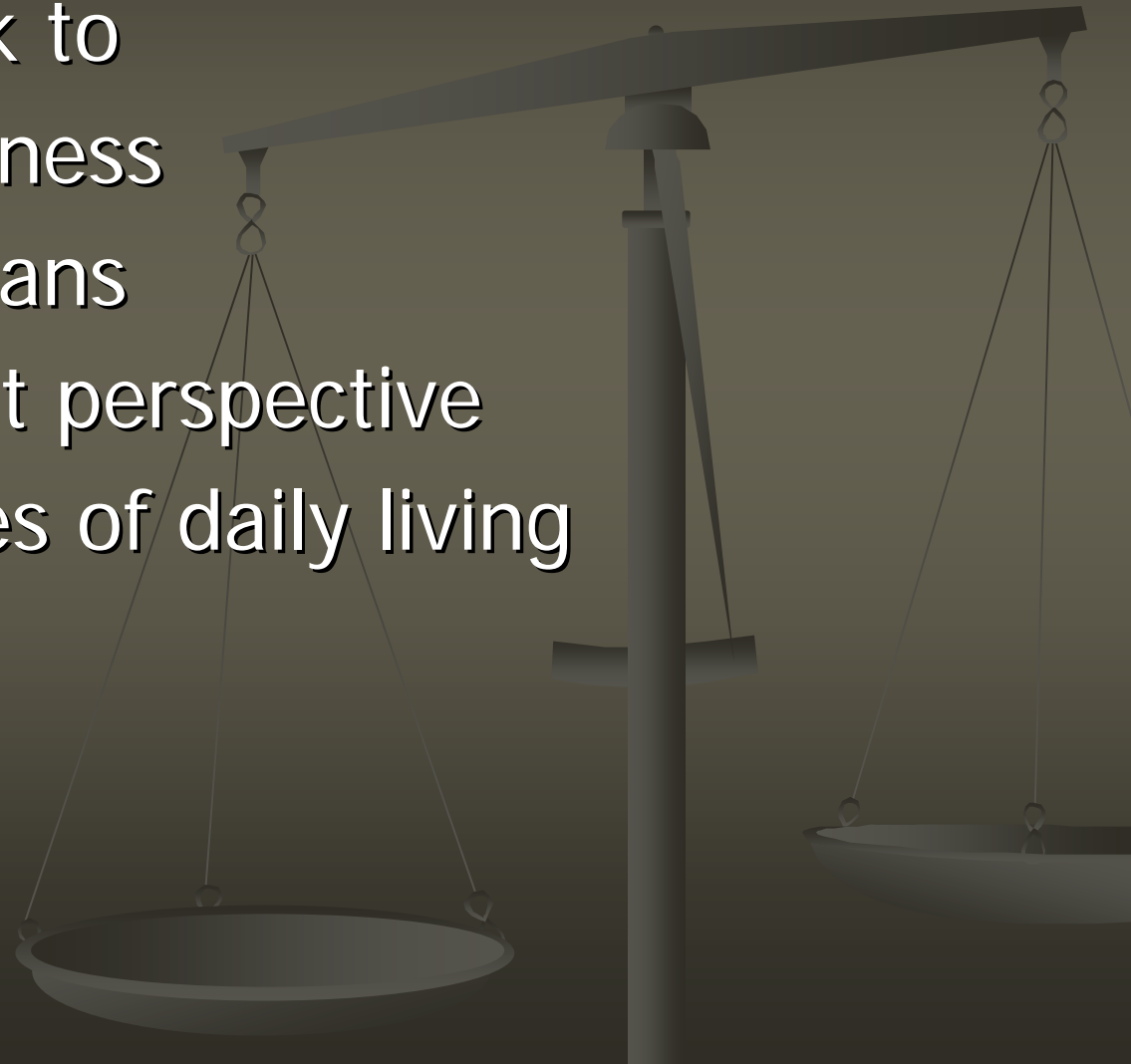
- Study more
 - Studying with friends
 - Realizing that there is NO WAY to learn it all
 - Becoming OK with $P = MD$
 - Remember why they came to med school (clinical experiences)
 - Student organizations/leadership positions
- 

Methods for dealing with stress

- Exercise
 - Get involved in group sports or endurance training
 - Religion
 - Music
 - Social activities
 - Maintaining relationships w/ non-med school friends/family
- 

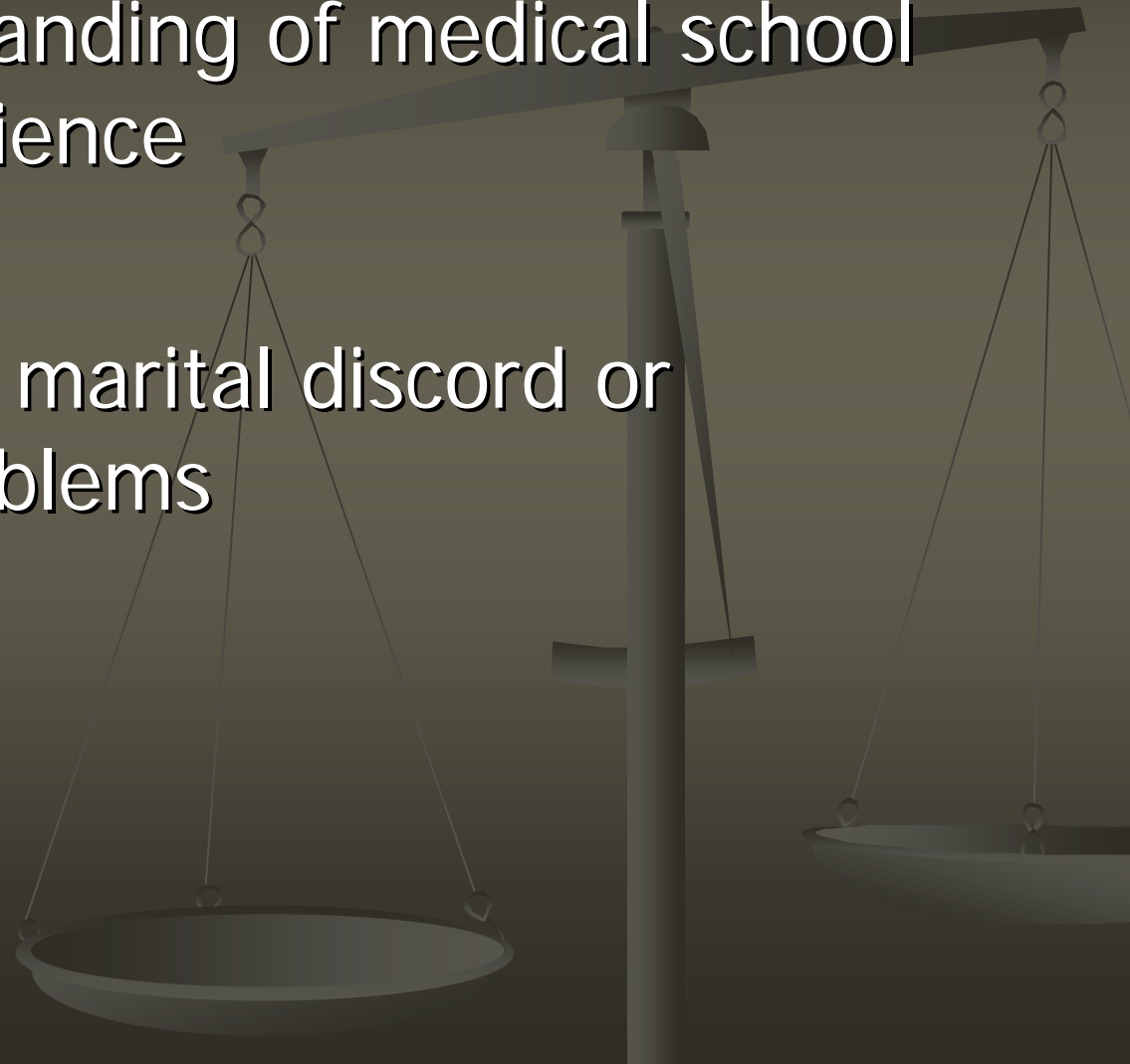
Positive Impact of Relationships

- Someone to talk to
- Source of happiness
- Built-in social plans
- Provide different perspective
- Help w/ activities of daily living



Negative Impact of Relationships

- Lack of understanding of medical school demands/experience
- Lack of time
- Added stress of marital discord or relationship problems



How to Help



- Help students understand their individual response to stress:
 - Triggers for anxiety
 - How do they normally cope with stress
 - How can they more effectively cope with stress
 - Where to turn when things get out of hand
- Provide opportunities for reflection & venting
- Remind students why they wanted to become doctors