

Tulane SOM Well-being Newsletter Fall 2023

Upcoming Wellness events (see calendar and more details below)

- **Oct 4th** – **Women's Health Awareness** (Ob/Gyn interest group) 12:00-1:00 Murphy 220
- **Oct 9th** – **Mental Health & Wellness Coalition** (MHWC) meeting 12:00- 1:00pm
Innovation Center (1st floor of Murphy)
- **Oct 24th** – **Psych Interest Group** Self Care event (TBD)
- **Oct 25th** – **Farmers market** – Lobby of Hutch
- **Oct 28th** – **NAMI walk** – support the Psych Interest group team
<https://www.namiwalks.org/team/60904>
- **Nov 8th** – **Night of Resilience** 7:00-8:30 Hutch auditorium
- **Nov 9th** – **Wellness workshop** - Imposter Syndrome & how to overcome it (with Dr. Weissbecker)

Weekly events (See calendar):

- **Most Mondays:** GradSpace: weekly group meeting for graduate and professional students
- **Most Tuesdays:** Yoga class 5:30-6:30pm Tidewater (TW) room 1225
- **Every Wednesday:** Swing Dancing 5:30-6:30pm TW 1225
- **Every Monday (zoom) & Thursday (in person):** Mindfulness break w/ Dr. Anadkat 12-12:15

Resources:

- Academic, Counseling and Mental Health and Wellness resources page (all the resources in one place!) https://bit.ly/tumd_student_resources
- **Wellbeing Index** – self check on your well-being:
<https://app.mywellbeingindex.org/landing-page/tulane>
- Prayer/meditation room; food pantry, wellness map, student health center resource kiosk, and more!

Please see rest of newsletter for details on events and resources!



School of Medicine Fall Wellness Program October 2023

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--|
| 2 | 3 Yoga Class 5:30-6:30pm TW 1225 | 4 Women's Health Awareness 12-1pm SOM (Murphy) 220 Swing Dance Class 5:30-6:30pm TW 1225 | 5 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm | 6 |
| 9 MHWc mtg noon Innovation Center GradSpace 12-1pm SOM (Hutch)1525 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136 | 10 Yoga Class 5:30-6:30pm TW 1225 | 11 Swing Dance Class 5:30-6:30pm TW 1225 | 12 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm | 13 Free Flu Shots 9am-2pm Primate Center Bring your Tulane ID |
| 16 GradSpace 12-1pm SOM (Hutch)1525 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136 | 17 Yoga Class 5:30-6:30pm TW 1225 | 18 Swing Dance Class 5:30-6:30pm TW 1225 | 19 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm | 20 |
| 23 GradSpace 12-1pm SOM (Hutch)1525 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136 | 24 Psych Interest Group Self care event (TBD) | 25 Downtown Farmers Market 11am-1pm SOM (Hutch) Lobby Swing Dance Class 5:30-6:30pm TW 1225 | 26 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm Healing Breaths 5:30-6:30pm See more info. below | 27 |
| 30 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136 | | | | |



TULANE UNIVERSITY
School of Public Health
& Tropical Medicine



The Well for
Health Promotion
CAMPUS HEALTH

See below for more information about events and the weekly classes

TOGETHER WE CARE.
WE SHARE.

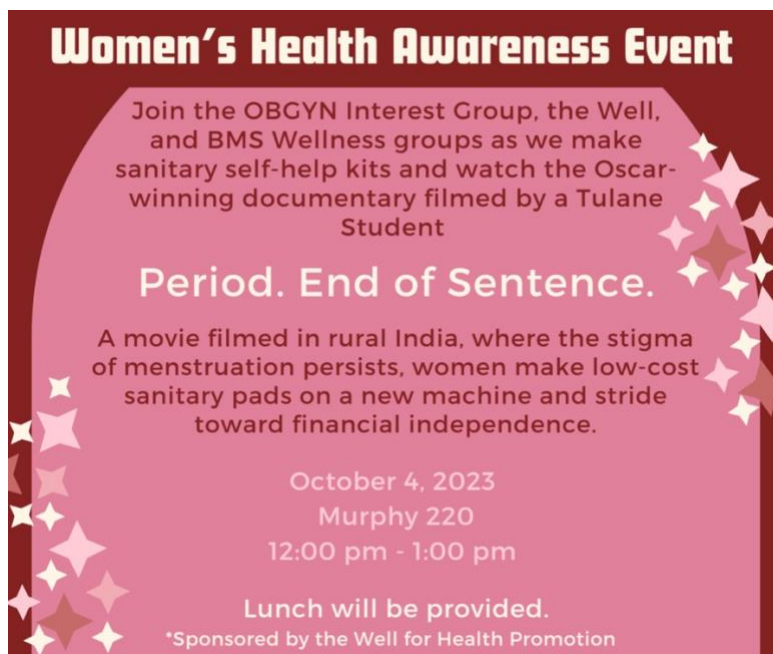
MENTAL ILLNESS AWARENESS WEEK

OCT. 1 – 7, 2023

Upcoming Events

Oct 4th – Women's Health Awareness

Sponsored by The Well and Ob/Gyn interest group



Oct 9th – Mental Health & Wellness Coalition (MHWC) meeting
12:00- 1:00 Innovation Center, 1st floor of Murphy.

Light lunch will be served. (RSVP to Dr. Weissbecker needed for count)

Mental Health and Wellness Coalition (MHWC) is a coalition of students and faculty working to support student mental health and wellness. The goals include increasing opportunities for wellness activities, improvement in visibility and awareness of mental health and wellness services, increasing wellness in the curriculum, and decreasing the stigma of mental health care. The MHWC is also active in research related to mental health and wellness.

Anyone interested in joining email Dr. Weissbecker (kremer@tulane.edu).

October 9th, 12:00 – 1:00pm Innovation Center, Murphy

Oct 25th – Farmers market

Lobby of Hutch. 11:00am-1:00pm



Sponsored by Dining Services and the SOM Wellness Committee



Come and find fresh, locally sourced produce and support your local farmers. Explore all the fresh finds that await you! (There may also be baked goods!) If we get a good turn-out, we will try to do it again! (Credit and debit cards only)

Oct 28th – NAMI walk – support the Psych Interest group team

<https://www.namiwalks.org/team/60904>

 **NAMI**Walks supports **NAMI**

And NAMI supports the

1 in 5 who experience mental illness

And the **5 in 5** who are affected by it.

YOU ARE NOT ALONE.

From every corner of the country

For every age and every background,

We walk, on the streets or in our hearts.

In a time of challenge and change,

We are united even when we appear alone.

Mental health is not for some.

MENTAL HEALTH IS FOR **all**

Weekly Classes



GradSpace

Join us for this weekly group where we will navigate stress, explore sense of purpose, and balance work-life needs in graduate school.

Mondays noon-1:00pm
Hutchinson, room 1525

GradSpace offers a supportive environment for graduate students to manage stress and find connection. This group will incorporate mindfulness and positive psychology techniques such as guided visualization, progressive muscle relaxation and gratitude exercises. Participants will be encouraged to share and reflect with one another to promote community and insight. Light snacks will be provided!



Counseling Center
CAMPUS HEALTH



FREE 2023 SWING DANCE LESSONS

INSTRUCTORS:
KEN & FARHANA

EVERY WEDNESDAY
5:30 - 6:30 PM
TIDEWATER RM 1225

QUESTIONS?
ktyrolf@tulane.edu
fchaudhr@tulane.edu

No partners or experience needed

Weekly Group Meeting For Mindfulness Meditation Practice

(15 mins Investment!)

Zoom

Every Monday at 12 pm

Meeting ID: 766 799 2136

In Person

Every Thursday at 12 pm

Meditation Room, 2nd Floor, Murphy

ALL are welcome.

Questions? Contact Dolly Anadkat, Ph.D. danadkat@tulane.edu



TIDEWATER BUILDING, ROOM 1225

TUESDAYS, 5:30-6:30 PM

YOGA SERIES

Get ready to unwind and find your zen in this downtown yoga class series!

Please bring your own mat for your session.

Questions? Email fitness@tulane.edu.

SEPT 26

OCT 03

OCT 10

OCT 17

MUST HAVE A TULANE
CAMPUS RECREATION
MEMBERSHIP TO
PARTICIPATE

Resources

- Academic, Counseling and Mental Health and Wellness resources page (all the resources in one place!) https://bit.ly/tumd_student_resources
- Wellbeing Index – self check on your well-being:
<https://app.mywellbeingindex.org/landing-page/tulane>

What is the Well-Being Index?



The Well-Being Index is a 100% anonymous, web-based tool used to evaluate multiple dimensions of distress in just [7/9] questions. It's designed to measure burnout, provide valuable resources, and allow users to compare their scores to their peers as well as track progress over time to promote self-awareness.

Organization Logo



Resources

Student Health Center Resource Kiosk - Students can pick up free pregnancy tests, menstrual supplies, safer sex supplies, and books from the Resource Kiosk located in the lobby of the Downtown Student Health Center.

[The Wellness Map for Tulane's Campus](#)

Updated monthly, show locations of resources on Downtown and Uptown campuses

[Recovery Community](#)- The Tulane Recovery Community's (TRC) mission is to support individualized recovery on campus by providing recovery-based programs that foster academic achievement, connection and engagement.

[Brain Breaks for Tulane Students](#)- short guided meditations.

Food Pantry

Leaders of the Students Against Food Insecurity group cut the ribbon for a new food pantry at 7215 Zimple St., part of The Chapel of the Holy Spirit, across the street from the uptown campus.

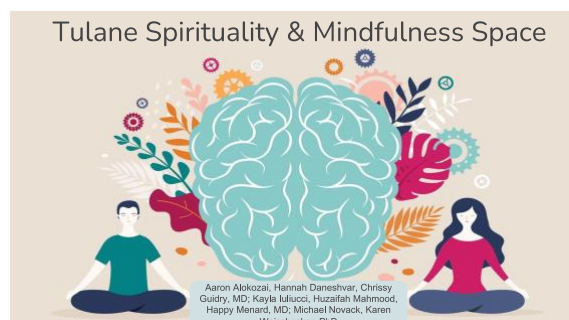
The food pantry is open to any Tulane student or staff member. [Read more on the Tulane News website.](#)

Swipe Out Hunger Program is available for any Tulane student struggling with food insecurity. Students are eligible to receive (3) meal swipes, valid at any Meal Swipe location on the uptown campus. This program will resume starting **August 13, 2023.**

<https://sopa.tulane.edu/news/campus-dining-fights-food-insecurity-new-program>

Tulane prayer/meditation rooms

Tulane School of Medicine now has dedicated meditation/prayer rooms available for use by the faculty, students, residents, and staff. **Murphy 200B and Hutchinson 1000** are part of the school's overall environment of learning and wellness initiatives and are accessible via splash card swipe during regular building hours.



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Counseling and Mental Health and Wellness resources

Tulane Counseling Center for students – 504 314-2277

After-hours crisis support, 24/7: The Line: (504) 264-6074.

Full list of Counseling and Mental Health and Wellness resources available

Mind Body Medicine elective – Next Semester – Sign up through the elective sign-up process.

MBM teaches the underpinnings of mind-body medicine. We do a little meditation, a little “sharing” and learn techniques to manage stress. Dr. Weissbecker is running the elective session 3 (Wednesdays) and Dr. Nereida Parada is running one for session 4 (Fridays). (Max enrollment 10)



MBM group beginning their walking meditation

Academic Resources

- **Dr. Anadkat and Ms. Majeau**, our learning specialists can meet with you one-on-one to help you identify better approaches to studying and an individualized plan of attack. Often it is not that you are not studying enough hours, but that you are not studying effectively. Sometimes students find that they study less hours for better grades, once they figure out “the system”.
- **Request a tutor** for any course you are struggling in (if below a 75 in a course). Here is the link to request tutoring: <https://medicine.tulane.edu/education/office-medical-education/student-resources/peer-assisted-learning/peer-tutoring-request>
- If you are having a problem in a given course, do not be afraid to **reach out to the course director**. If UpTuBat is offered – go to that session.
- **Dr. Weissbecker** is here for you to talk to about anything. **Any questions, thoughts, suggestions, words of wisdom, etc.? Email Dr. W: kremer@tulane.edu**