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](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:**

- Wellbeing Index – self check on your well-being:
  [https://app.mywellbeingindex.org/landing-page/tulane](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!**
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See below for more information about events and the weekly classes

**TOGETHER WE CARE, WE SHARE.**

**MENTAL ILLNESS AWARENESS WEEK**

**OCT. 1 - 7, 2023**
Oct 4th – **Women’s Health Awareness**
Sponsored by The Well and *Ob/Gyn interest group*

**Women’s Health Awareness Event**

Join the *OBGYN Interest Group*, the Well, and BMS Wellness groups as we make sanitary self-help kits and watch the Oscar-winning documentary filmed by a Tulane Student.

*Period. End of Sentence.*

A movie filmed in rural India, where the stigma of menstruation persists, women make low-cost sanitary pads on a new machine and stride toward financial independence.

**October 4, 2023**
**Murphy 220**
**12:00 pm - 1:00 pm**

*Lunch will be provided.*
*Sponsored by the Well for Health Promotion*

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](mailto: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
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 meals will be provided.

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

FREE SWING DANCE LESSONS

Instructors: Ken & Farhana

Every Wednesday
5:30 - 6:30 PM
TideWater RM 1225

Questions?
ktyrolf@tulane.edu
fchauhdra@tulane.edu

No partners or experience needed.
- Wellbeing Index – self check on your well-being: [https://app.mywellbeingindex.org/landing-page/tulane](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 7/8 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.
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.

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.
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).

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