



Tulane SOM Wellbeing Newsletter Spring 2024

Upcoming Wellness Events:

Coming in 2024:

- **January 10th 11:30am – 1:30pm**– Wellness event: massages! Leone (there will be a sign-up sheet)
- **January 24th – Night of Resilience** 6:00-8:00 pm Hutchinson Auditorium
- **February 2nd – Mardi Gras Wellness event**
- **Date TBD – Wellness Workshop** – Imposter Syndrome & How to Overcome It
- **Date TBD – Spring Farmers Market**

Weekly Events:

- **Every Monday (Zoom) & Thursday (In-Person) – Mindfulness Break w/ Dr. Anadkat**
 - 12-12:15 pm
 - Zoom link: <https://tulanehipaa.zoom.us/j/7667992136>
 - In-Person: Murphy Building, 2nd floor, Meditation Room
- **Every Wednesday **Starting in February**– Swing Dancing w/ Ken and Farhana**
 - 5:30-6:30 pm Tidewater 1225

Resources: [Link to information below](#)

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 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



TUSOM PHOENIX SOCIETY AND
PSYCH INTEREST GROUP PRESENT:

NIGHT OF RESILIENCE

We invite you to join us for a night of resilience where we aim to encourage and inspire. Catering will be provided while stories of toils and triumphs are told.

JAN
24
6 - 8PM

HUTCHINSON
AUDITORIUM

This year's guest speakers include:

TUSOM 2018 graduate Wallace Wilson sharing a compelling story of resilience and fortitude, T2 MC doing stand-up comedy, music by Eli Tsakiris, and one additional speaker TBA!



School of Medicine Spring Wellness Program January 2024



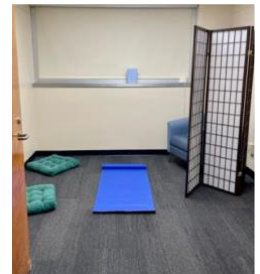
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
8 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136	9	10 Wellness Session - Massage 11:30am-1:30pm, Leone	11 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm	12
15 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136	16	17	18 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm	19
22 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136	23	24 Night of resilience 6:00 -7:30 Hutch auditorium	25 Mindfulness Meditation 12-12:15pm SOM (Murphy) Meditation Rm	26
29 Mindfulness Meditation 12-12:15pm Zoom: 766 799 2136	30	31		



Resources (Linked):

- [Academic, Counseling, and Mental Health and Wellness Resources Page](#)
 - All the resources in one place!
- [Tulane Counseling Center](#)
 - Tulane Counseling Center: 504-314-2277 Appointments for therapy and/or psychiatry
 - After-hours crisis support, 24/7: The Line, Call or text 504-264-6074
 - Suicide and Crisis Lifeline: Call or text 988
 - Stress/Crisis Hotline: 1-800-622-7276 (access code: TULANE)

- [Mayo Wellbeing Index](#)
 - Self-check your well-being: 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. Scan the QR code or click the link to participate.
- [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, showing locations of resources on Downtown and Uptown campuses.
- [The Tulane Recovery Community \(TRC\)](#)
 - The 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.
- [Swipe Out Hunger Program](#)
 - The 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.
 - The program was resumed in August 2023.
- Tulane Prayer/Meditation Rooms
 - Tulane School of Medicine has dedicated meditation/prayer rooms for faculty, students, residents, and staff use, as part of the school's overall environment of learning and wellness initiatives, accessible via splash card swipe during regular building hours.
 - Location: **Murphy 200B** and **Hutchinson 1000**
- Mental Health and Wellness Coalition (MHWC)
 - A coalition of students and faculty working to support student mental health and wellness. The goals include increasing opportunities for wellness activities, improving 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 mental health and wellness research.
 - Anyone interested in joining, email Dr. Weissbecker (kremer@tulane.edu).



Other Counseling and Mental Health and Wellness Resources:

- Tulane Counseling Center for students: 504-314-2277
- After-hours crisis support, 24/7: The Line, Call or text 504-264-6074
- Suicide and Crisis Lifeline: Call or text 988
- Stress/Crisis Hotline: 1-800-622-7276 (access code: TULANE)
- The National Grad Crisis Line: 1-877-472-3457
- Physician Support Line: 1-888-409-0141 (M-F, 7 am - 11 pm)
- Trevor Project LGBTQ Lifeline: 1-866-488-7386
- Trans Lifeline 1-877-565-8860
- RAINN Sexual Assault Hotline: 1-800-656-HOPE
- Domestic Violence National Hotline: 1-800-799-7233

Academic Resources:

- **Dr. Anadkat and Ms. Majeau**, our learning specialists, can meet with you one-on-one to help you identify better studying approaches and an individualized attack plan. 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)
- If you have a problem in a given course, do not be afraid to **contact 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. Weissbecker!
 - Email: kremer@tulane.edu