



## Tulane SOM Wellbeing Newsletter Fall 2024

### Upcoming Wellness Events (more information below):

- **September 9th – "The Vital Role of Hobbies in a Physician's Life - Why I chose to Write a Novel." With Dr. Runge** – 12 pm in Leone, 5<sup>th</sup> Floor of Murphy (pizza will be served) (info below)
- **September 10<sup>th</sup> – World Suicide Prevention Day Vigil** – 7:30-8:30pm Uptown, LBC Pocket Park
- **September 16<sup>th</sup> – Art Therapy and Healthy Snacks** – 12-1:30 pm, Innovation Center, 1<sup>st</sup> Floor of Murphy
- **September 25<sup>th</sup> – Flu Shot Clinic with Campus Health** – 8:30 am-5 pm in Murphy 220

### Coming in 2024 (details to follow):

- **October – TUgether for Mental Health Month**
- **October 12<sup>th</sup> – NAMI Walk** – Audubon Park – Psych Interest Group will send information
- **October 18<sup>th</sup> – Positively Blooming**
- **November 11<sup>th</sup>-15<sup>th</sup> – Body Respect Week (The Well)**

### Weekly Events:

- **Every Monday (Zoom) & Thursday (In-Person) – Mindfulness Break w/ Dr. Anadkat**
  - Monday: 12-12:15 pm. Zoom link: <https://tulanehipaa.zoom.us/j/7667992136>
  - Thursday: 12-12:15 pm. In-Person: Murphy Building, 2<sup>nd</sup> floor, Meditation Room
- **Every Wednesday – Swing Dancing w/ Ken and Farhana**
  - 5:30-6:30 pm Tidewater 1225
- **Every Friday (almost) - Express Yourself: LGBTQIA+ Support Group for Graduate students**
  - **Dates: September 20<sup>th</sup>, September 27<sup>th</sup>, October 11<sup>th</sup>, October 18<sup>th</sup>, November 8<sup>th</sup>, November 15<sup>th</sup>, November 22<sup>nd</sup>, November 25<sup>th</sup>**
  - 12:00 – 1:00 pm, Hutchinson 1558 , Run by Ryan O’Pry from CAPS
  - Join us for this 8-week support group for LGBTQIA+ graduate students at Tulane. We will explore topics such as dating, relationships with family, and the intersectionality of our identities. This group will include the use of art and creative expression as a way to make meaning of our experiences. Snacks and materials will be provided

### Resources (Link to information below):

## September Calendar

**September**  
**2020**



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Swing Dance 5:30-6:30pm Tidewater 1225	5 Mindfulness Meditation 12-12:15pm Meditation Rm, 2nd Floor, Murphy	6	7
8 Mindfulness Meditation 12-12:15pm Zoom	9	10 The Vital Role of Hobbies in a Physician's Life - Why I chose to Write a Novel 12pm Leone, Murphy	11 Swing Dance 5:30-6:30pm Tidewater 1225	12 Mindfulness Meditation 12-12:15pm Meditation Rm, 2nd Floor, Murphy	13	14
15 Mindfulness Meditation 12-12:15pm Zoom Art Therapy & Snacks 12-1pm Innovation Center	16	17	18 Swing Dance 5:30-6:30pm Tidewater 1225	19 Mindfulness Meditation 12-12:15pm Meditation Rm, 2nd Floor, Murphy	20	21
22 Mindfulness Meditation 12-12:15pm Zoom	23	24	25 Flu Shot Clinic 8am-5pm Murphy Rm 220 Presented by Campus Health Swing Dance 5:30-6:30pm Tidewater 1225	26 Mindfulness Meditation 12-12:15pm Meditation Rm, 2nd Floor, Murphy	27	28
29 Mindfulness Meditation 12-12:15pm Zoom	30					

### 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, 2<sup>nd</sup> Floor, Murphy

ALL are welcome.

Questions? Contact Dolly Anadkat, Ph.D. [danadkat@tulane.edu](mailto:danadkat@tulane.edu)



## Free Swing Dance Lessons

Instructors: Ken & Farhana

Every Wed. 5:30-6:30pm  
Tidewater Rm 1225

No partner or  
experience needed

#### Questions?

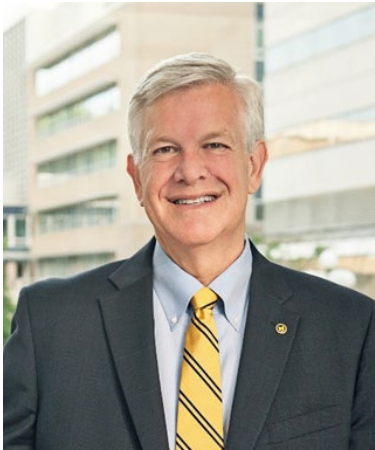
[ktyrolf@tulane.edu](mailto:ktyrolf@tulane.edu)  
[fchaudhr@tulane.edu](mailto:fchaudhr@tulane.edu)



**"The Vital Role of Hobbies in a Physician's Life - Why I chose to Write a Novel." With Dr. Runge**

September 10: 12 pm in Leone, 5<sup>th</sup> Floor of Murphy

**Marschall S. Runge, M.D., Ph.D.,** was born in Austin, Texas, and was graduated from Vanderbilt University with a BA in General Biology and a PhD in Molecular Biology. He received his medical degree from the Johns Hopkins School of Medicine and trained in internal medicine at Johns Hopkins Hospital. He was a cardiology fellow and junior faculty member at Massachusetts General Hospital. Dr. Runge's next position was at Emory University, where he directed the Cardiology Fellowship Training Program. He then moved to the University of Texas Medical Branch in Galveston, where he was Chief of Cardiology and Director of the Sealy Center for Molecular Cardiology. He was at the University of North Carolina (UNC) from 2000 – 2014 where he served as Charles Addison and Elizabeth Ann Sanders Distinguished Professor of Medicine, Chair of the Department of Medicine, President of UNC Physicians and Vice Dean for Clinical Affairs. He is currently executive vice president for medical affairs and dean of the Medical School at the University of Michigan and CEO of Michigan Medicine. Dr. Runge is board-certified in internal medicine and cardiovascular diseases and has spoken and published widely on topics in clinical cardiology and vascular medicine.



**ART THERAPY &**  
*Healthy Snacks*

**SEPTEMBER 16**

12PM | Innovation Center | 1st Floor Murphy

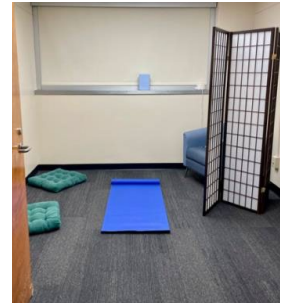


## Resources (Linked):

- [TUSOM Companion App](#)
  - All the resources in one place!
  - Download the App:
    - [Apple](#)
    - [Google Play](#)
- [School of Medicine Research Website](#)
  - NEW! Tulane University School of Medicine encourages and supports medical student participation in research and scholarly activities. The Research Network website is designed to assist students in identifying their interests, finding suitable research projects, and matching them with mentors within our research community.
- [Tulane Counseling and Psychiatric Support \(CAPS\)](#)
  - Tulane Counseling and Psychiatric Support (CAPS): 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.
- [Case Management Victim Support Services \(CMVSS\)](#)
  - Christopher Manguno with Case Management  
Downtown every Tuesday, Walk-in hours: 2-4 pm  
Murphy, 13<sup>th</sup> Floor
- [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](#)
  - Students Against Food Insecurity food pantry at 7215 Zimple St., part of The Chapel of the Holy Spirit, 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](mailto:kremer@tulane.edu)).



### Other Counseling and Mental Health and Wellness Resources:

- Tulane 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](mailto:kremer@tulane.edu)