

I am so pleased to be introducing myself to all of you as your new Director of Student Wellness. I am looking forward to working with you to promote the physical and emotional well-being that will help you achieve your goals.

I am available to meet with students to provide support and resources. I would like you to see me as a triage point in helping you to navigate the various challenges of medical school. I hope you will come see me if you find yourself with concerns so we can work together to identify the best resources available to you. I am also eager to hear any ideas you have on what approaches to wellness you think might be most useful to you and your classmates. Please share your ideas with me via email, phone or by coming by my office.

I also want to find ways to connect with as many students as possible to offer options for self-care and resiliency. To that end, I will be sending out a monthly Office of Student Wellness email that will include various “Wellness Moments” such as techniques for stress management as well as other information about staying balanced and healthy.

- This month’s Wellness Moment is called, “The Three Minute Breathing Space”, and it comes from the arena of Mindfulness, a very simple concept- it means “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Jon Kabat-Zinn). The Three Minute Breathing Space is helpful as we face the stress we all have in our daily lives. This technique can help you step back and look at the difficulties and challenges with curiosity, compassion and without judgment

Here is a link to an MP3 audio that can be used to help guide you through the exercise.

<http://cdn.franticworld.com/wp-content/uploads/2012/02/Three-Minute-Breathing-Space->

[**meditation-from-book-Mindfulness-Finding-Peace-in-a-Frantic-World-128k.mp3**](#)

- I am also pleased to announce that we are launching our Wellness Workshop series on October 14th at Noon. Please see the information below about

The Goldilocks Principle: Seeking a “Just Right” Balance in Medical School “

Stephen Simonson, Psy.D.

Post-Doctoral Clinical Psychology Fellow

UCDSOM Counseling Services

UC Davis School of Medicine

LUNCH WILL BE PROVIDED (for the first 30 attendees)

Wednesday, October 14, 2015

12 – 12:50 p.m.

Education Building, Room 3204

- I wanted to remind you of the counseling and psychiatric services available to medical students:
 - Confidential and no fee counseling services are provided by Dr. Karin Nilsson and Dr. Stephen Simonson. They can both be reached at medschoolcounseling@ucdavis.edu.
 - Confidential and no fee psychiatric services are also available. You can contact Dr. Kent Hart. To make an appointment, please call (916) 734-5070 extension 60019 or email kbhart@ucdavis.edu.

Students can also call UC Davis Student Health and Wellness

Center's number 530-752-2349 for after-hours care (evenings, weekends, and holidays) to be connected to a telephone crisis worker.

If you would like to connect with me, I can be reached by email at mrea@ucdavis.edu or at (916)703-WELL. In addition to scheduled appointments, I will have drop in hours Wednesday afternoon between 3-6. in room 4101 G.

Thank you,

Maggie Rea