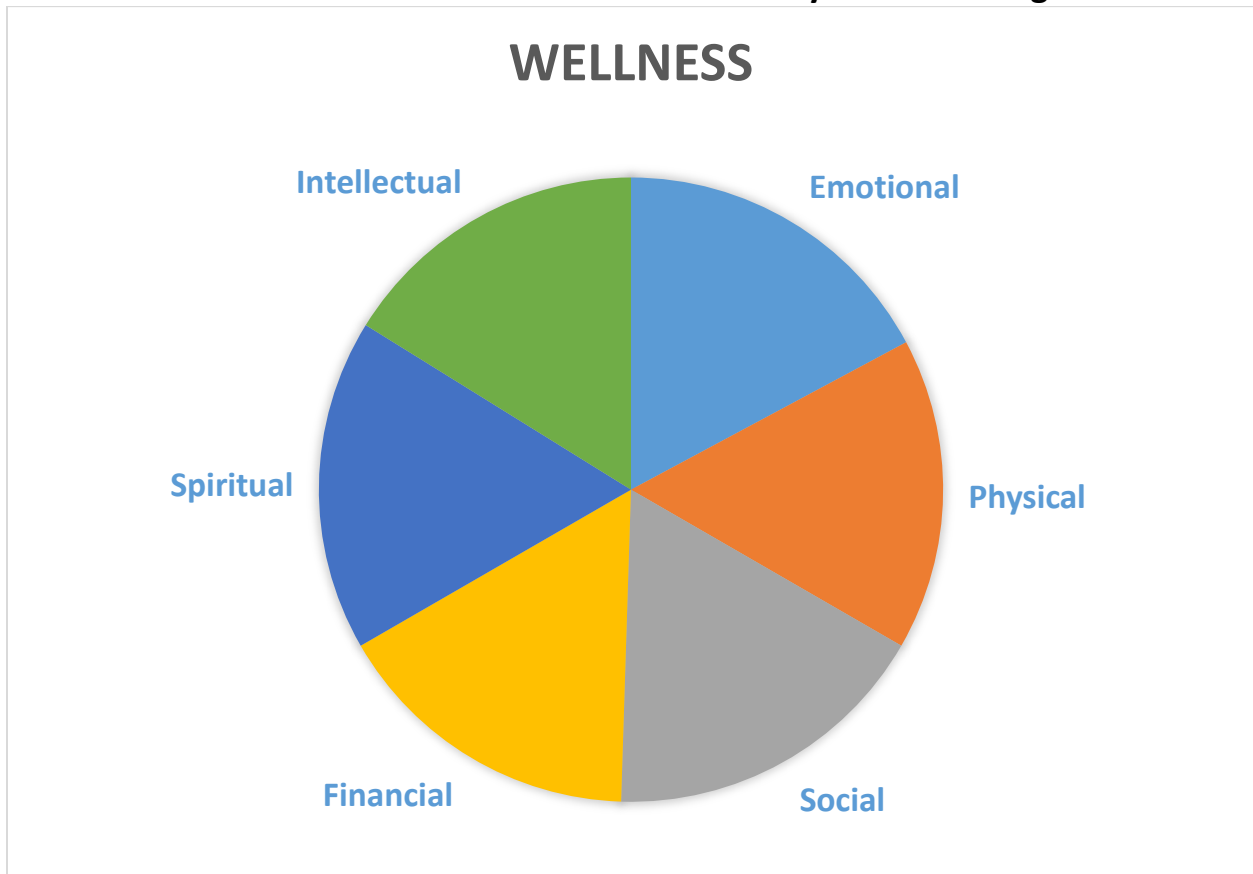


# UNM Resident/Fellow Physician Wellness Resources July 2017

Your wellness is essential to thriving in residency. At UNM, we offer resources to address all the different domains of your well-being.



## For general wellness and support:

### Office of Graduate Medical Education:

[Joe Sparkman](#), Program Manager, Graduate Medical Education

[Betty Chang](#), MD, Associate Dean of Graduate Medical Education

505-272-6225

### Office of SOM Wellness:

[Liz Lawrence](#), MD, Director School of Medicine Physician Wellness

[Eileen Barrett](#), MD, Director, GME Wellness

### Your program:

Don't forget your Chief Resident, Program Coordinator, Program Director, the education leadership in your Department, your Division/Department Chair, and other faculty mentors.

### The UNM Center for Life

The [UNM Center for Life](#) (CFL) is an Integrative and Inter-Cultural Center for Prevention and Wellness, treating people with a wide range of health issues, using a vast array of ancient and modern techniques.

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### Emotional Wellness:

- [Jeff Dunn](#), MD, Psychiatrist available to see residents. 505-272-6130
- [Agora Crisis Center](#)- local resource: 505-277-3013 or 866-HELP-1-NM
- [Outcomes New Mexico](#) - Employee Assistance Program - counseling with 24 hour crisis availability. 505-243-2551
- CARS (Counseling Assistance and Referral Services) on main campus: 505-272-6868
  - open weekdays 8-noon and 1-3:30

### Financial Wellness:

- Help with understanding student loans: [Janell Rae Valdez](#)

### Intellectual Wellness:

- UNM library: Many books, journals, and online resources available from your computer or electronic device. Accessible with your UNM login account at <http://hslic.unm.edu>
- Look for opportunities in your program for journal club, resident school, noon conference, morning report – and for funding opportunities to travel to regional and national conferences or to support research.

### Spiritual Wellness:

- The [UNMH Pastoral Care Department](#) offers support to patients, families, and staff, inclusive of all faith backgrounds and religious affiliation.
- There is Wednesday morning silent meditation from 7-7:30 in the meditation room in the Pavilion every week. Drop-ins are welcome.
- The North Campus meditation group meets every Monday and Friday from noon - 1:00 in Room 2403 of the Domenici North building (near the Anatomy Lab).

### Social Wellness:

- The [UNMH Alliance](#) is a local chapter of the AMA Alliance, with a mission to support the partners and families of residents and medical students throughout their medical training in Albuquerque. Visit them [on Facebook](#).
- Individual programs sponsor resident retreats and gatherings. Chief residents also routinely organize get-togethers in each program.

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### Physical Wellness:

- UNM Wellness Center 2<sup>nd</sup> Floor Dominici West (above the book store)
  - Use your badge to access the gym.
  - Showers and lockers are available.
  - Open Monday-Thursday 6 a.m. – 11 p.m.; Friday 6 a.m. – 6 p.m.; Saturday 9:30 a.m. – 6 p.m.; Sunday noon – 11 p.m.
  - Hours will be expanded soon, keep an ear out for update.
- Rock the Bike (1 bike in each location)
  - 2<sup>nd</sup> floor College of Nursing and Pharmacy Building
  - Ground floor Fitz Hall (in student lounge, one floor below street level)
- Walking or Running
  - The UNM North golf course has a two-mile trail for runner/walkers.
  - Check out other trails close to UNMH: <https://hr.unm.edu/wellness/lobo-trails>
- Main Campus Athletic resources: <http://recsvcs.unm.edu>
- On-call food in addition to meal money available at:
  - 4W conference room
  - 6 Middle resident lounge
  - Labor and Delivery
  - TSI work room
  - Tully Conference room (6<sup>th</sup> floor BBRP)
  - ER Call rooms (next to service elevator)
  - Anesthesia work room

### Outside resources and references:

- <http://www.black-bile.com/> - A website dedicated to physicians suffering from depression, and those who care about them.
- <http://www.ishiprograms.org/about/> - The Institute for the Study of Health and Illness (ISHI) provides education and support for health professionals who aspire to practice a medicine of service, human connection, and compassionate healing.
- <http://ephysicianhealth.com/> - The world's first comprehensive, online physician health and wellness resource that helps physicians, residents, and medical students be resilient in their professional and personal lives.
- <http://scpmgphysicianwellness.kaiserpermanente.org/> - Kaiser program for Physician Wellness
- <http://cmbm.org/> - Center for Mind-Body Medicine has access to evidence-based strategies for relieving stress and promoting wellness.
- <https://www.bhwellness.org/toolkits/Work-and-Well-Being-Toolkit-for-Physicians.pdf> - University of Colorado toolkit for promoting well-being for physicians.
- <http://wellmd.stanford.edu/> - Stanford School of Medicine website to promote physician health and resiliency.
- <http://www.thehappyemd.com/> - Dike Drummond's website about physician burnout and solutions.