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

WELLNESS

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.
UNM Resident/Fellow Physician Wellness Resources
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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.
UNM Resident/Fellow Physician Wellness Resources
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Physical Wellness:

- UNM Wellness Center 2nd 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)
  - 2nd 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 (6th floor BBRP)
  - ER Call rooms (next to service elevator)
  - Anesthesia work room

Outside resources and references:

- 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.
- http://wellmd.stanford.edu/ - Stanford School of Medicine website to promote physician health and resiliency.
- http://www.thehappymd.com/ - Dike Drummond’s website about physician burnout and solutions.