

Emotional Wellness

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Resources:

Digital Coloring Apps

- *Click this link for an article from 2022 listing [7 free digital coloring pages!](#)*

[Vision and Goals - Preparation Kit for Future Self Meditation](#)

- *Set of worksheets to guide you through a meditative exercise of envisioning your future self and using that information to inform your goals and values.*

UCLA Health Free Guided Meditations

- *Click this link for [free guided meditations](#) in 8 languages through UCLA!*

[Future Self Meditation](#)

- *This is a script to guide you (or help you guide another group of people) through a meditation practice focused on envisioning your future self.*

Best Podcasts for Meditation 2022

- *Click this link for an article detailing [20 of the best meditation podcasts](#) as of 2022.*

BREATHE Guided Meditation

- *Guided meditations & breathing practices on the go. Click this link to explore [BREATHE](#)*

Free Stress Reduction and Management Resources

- *Compiled by Wellness Committee 2020–2021, [this list](#) provides several different links to free stress reduction resources such as virtual museum tours, coloring books, and online concerts.*

Free Emotional Wellness Applications for Medical Students

- *[This list](#) includes information about how to acquire the following free resources as a medical student: 7Cups, Headspace (through AMA), Healthy Mind, Insight Timer, Smiling Mind, and WellConnect.*

National Hotlines and Mental Health Resources

- *[This list](#) compiles important crisis lines and mental health hotlines.*

CDC Suicide Facts Sheet

- *[This link](#) will take you to the Centers for Disease Control's online fact sheet about suicide through which you can download statistics and infographics to create informational flyers.*

988 Suicide Prevention Factsheet

- *[Download this 988 Suicide and Crisis Hotline flyer](#) through the Substance Abuse and Mental Health Services Administration.*

Suicide Prevention Resource Center Ideas for Action

- *[This link](#) will take you to the Suicide Prevention Resource Center where you can download a PDF that outlines the actions you should take if you are concerned about a friend or loved one contemplating or committing suicide.*

After An Attempt Guide

- *[This brochure provided through SAMSA](#) provides tips for emergency department providers to enhance care for individuals who have attempted suicide. Click the link under “See this resource” to download.*

Tips for Coping with Anxiety

- *[This link](#) will take you to an article written by Mayo Clinic that outlines 11 tips for coping with an anxiety disorder. Additionally, [this link](#) will take you to the “Tips and Strategies” page of the Anxiety and Depression Association of America for suggestions of ways to cope with anxiety.*

Worksheet for Imposter Syndrome

- *This [downloadable PDF](#) is a worksheet that helps one process through Imposter Syndrome. Additionally, check out [this article](#) entitled “Why Imposter Syndrome Hits Women of Colour Harder” as you develop events and workshops surrounding this mental health minefield.*

Stress Warning Signs and Symptoms

- *This [informational PDF by Texas A&M](#) outlines common stress warning signs and symptoms to look out for in yourself and others.*

Embody Your Truth: Befriending Your Emotions

- *This [informational PDF](#) touches on learning to understand and work with your feelings. This can be applied on a personal and professional level.*

Gauge Your Emotional Wellness

- *This quick [survey](#) will allow you to take a second, step back, and evaluate your emotional wellness in a more tangible manner. Having something tangible to reference may facilitate the process of coming up with realistic solutions.*

Going Home for Break - Your Emotional Wellness

- This [combined informational PDF and survey](#) from Western Washington University allows you to map out how to make going home for break ~relaxing~! Going home during medical school can be difficult and stressful for some and it really should not be, so plan ahead and be able to identify **YOUR** needs for a successful break!

Motivational Toolbox

- This [downloadable PDF](#) is a fantastic general reference to understand yourself and what it will take for you to stay in touch and motivated.

Owning Your Feelings

- This [informational PDF](#) is a helpful reference that acts as an anchor when you're getting lost in the sea of your emotions, which can and does happen to many of us. Take control—you're the boss and you can have power over your emotions.

Self Love

- [This one](#) is a reminder to be kind to yourself 😊

Staying with Our Feelings

- This [thorough PDF](#) dives into the intricacies of our emotions, our reactions to them, and how to better navigate emotional outcomes.

Event Suggestions:

[40 Positive Affirmations for Better Self-Care and Brighter Days](#)

- *Try using one of these affirmations each week. They can help you stay positive so you can continue to tackle your goals. Click this link with [positive affirmations](#).*

[The #4Mind4Body Challenge](#)

- *Join Mental Health America each day this May to make small changes – both physically and mentally – to create gains for our overall health and well being. Each day of the week will have a theme for the type of activity we'll be asking you to do, so get ready for #MindfulMonday, #TastyTuesday, #WorkplaceWednesday, #ThoughtfulThursday, #FitnessFriday, #StressFreeSaturday, and #SleepWellSunday - but feel free to do the challenges in whatever order suits you best. Text of the article can be found in file [here](#).*

QPR Suicide Prevention Training

- *As you may know, all osteopathic medical schools are required to employ a QPR trainer, and medical students must have the opportunity to attend training. Check out [this guide](#) on how to host a QPR training event.*

Mental Health First Aid Training

- *Check out [this guide](#) on how to host a mental health first aid training event.*

Imposter Syndrome Event

- *Check out [this guide](#) on how to host an imposter syndrome event.*

BraveSpace

- Check out [this guide](#) on how to host a BraveSpace vulnerability event. This is especially effective on zoom and in virtual platforms.

Empowerment Circle

- Check out [this guide](#) on how to facilitate an Empowerment Circle.

Journal Making Session

- Check out [this guide](#) on how to host a journal making event.