



FALL 2022 EDITION



Assistant Deans Message

[Dr. Carolyn Thomson, DMNS](#)



Dr. Ian Epstein has been appointed Assistant Dean of Professional Affairs at DMNS. Dr. Epstein is a gastroenterologist and is completing his term as program director for General Internal Medicine. Dr. Samantha Gray, a medical oncologist, has been appointed to the Assistant Dean role at DMNB. Both Dr. Gray and Dr. Epstein bring their experience in medical education, learner advocacy and mentorship to their new roles.

Stay tuned for more information on the Resident Affairs website and #Dalmedwell.

Live Life

[Dr. Roberta Preston](#)
Learner Development Officer

How much is enough?



Most of us have an internal driver shouting about how we are not doing enough. If only we were [smarter, faster, more motivated, less distracted, better organized, etc.], we would be able to do more [work, exercise, research, parenting, studying, cleaning, reading, cooking, etc.]. Yet the pressure to do more can have the opposite effect. It can cause us to jump from one task to another or feel stuck and overwhelmed by the enormity of it all.

There are three quick things we can do to gain better control of the endless 'to-do' list that competes for our time and energy:

1. Write down all the 'to-do' things taking space in your mind, everything from big projects to small tasks. Get it all out of your head.
2. Pick one item that consumes your thinking. Ask: "What do I want to do about this? What can I do now? (Send an email? Book an appointment? Make a call? Fill out a form? Get off a committee?)
3. Set a timer for 25 minutes and work on that one item until finished or the timer goes off. Decide what has to happen next. Continue or choose another to-do? Or is this enough for the day?

If you need more ideas about time management, organizational skills or how to quieten your internal chatter, contact Resident Affairs. We are always here to help.

Hello Everyone,

I hope you are taking time out of your busy schedules to enjoy some sunshine and the beautiful fall colors that the Maritimes is known for. I am very pleased to share with you that Faculty of Medicine has established an **Office of Professional Affairs (OPA)** whose key mandate is to promote professionalism and address learning environment and learner mistreatment concerns.

This is in response to accreditation visits and locally and externally administered learner questionnaires (including Voice of the Resident survey) that have identified ongoing challenges in the learning environment for residents and medical students. T

he OPA will have a clear, transparent and easily accessible process for learners to disclose mistreatment that is resident-centered and confidential.



Interesting Article

[Dr. Lisa Sutherland](#)
Assistant Dean, DMNB

The highlighted article in this issue is on Authentic Leadership, submitted as an homage to Sharon Forward, Director of Resident and Student Affairs, retiring later this Fall. Sharon has brought trust, respect, situational awareness, and the ability to effectively support with compassion to her work with learners, staff, and faculty alike. I'm sure her work has informed the style of many of our formal and informal resident leaders, who as I have, learned much by her example. I wish you all the best Sharon!

<https://positivepsychology.com/authentic-leadership/>

[CONTACT OUR RESIDENT AFFAIRS TEAM](#)

[VISIT OUR WEBSITE FOR ADDITIONAL WELLNESS RESOURCES](#)

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Feature Article

Sharon Forward,
Outgoing Director,
DMNS

"Every moment is a fresh beginning"
by T.S Eliot

We all know the familiar saying, *"The only constant is change!"*, and sometimes it seems just when you are feeling comfortable in your life, some sort of interruption or uncertainty, sends you in a completely different direction. While change is not only inevitable and sometimes hard, it can also lead to unexpected opportunities and personal growth. Knowing how to cope with big changes can become easier once you break it down into more manageable chunks and always remember everyone copes with change differently.

Here are a few tips to help you navigate changes and transitions in your life:

Be flexible – accepting change might require you to come out of your comfort zone but remember to try and be adaptable and to keep an open mind. Letting go of expectations and restrictions will help ease you into change more smoothly.

Find the familiar – Sticking to a daily habit helps to focus on the normal in your life and can keep you grounded during a transition or life event. Try to maintain your regular walk to work using the same route, cooking your favorite meal, or watching a series you enjoy. Even small activities help you to feel stability.

Talk about it – find a trusted person in your life who understands what you are dealing with. Don't try to do it alone if you are finding it challenging. Life transitions and change can often be easier to handle if you know someone understands what you are going through. At Resident Affairs, we are here to provide guidance, support, and navigation. We understand how transitions, big and small can be challenging. [Reach out to any of our team at DMNS or DMNB.](#)

Speaking of change.....

After more than 35 years with Dalhousie University, I have made the decision to retire from my current position as Director, Resident & Student Affairs, effective December 31, 2022.

While it is certainly difficult to truly express my sincere appreciation for all the wonderful people, I have had the privilege to work with over the years, it truly has been extremely rewarding work and I am grateful for the opportunities I have been given.

Effective October 11, 2022, we welcome Tyler Hall to our team, as the incoming Director of Resident & Student Affairs. Tyler has over 14 years of experience in Student Affairs at Dalhousie, including most recently as a Student Success Advisor with the Bissett Student Success Centre.

Tyler's educational background includes a Bachelor of Management (Dalhousie) and Master of Education in Counselling from Acadia. Tyler is passionate about supporting learners and is looking forward to joining our Resident & Student Affairs team.

I will provide onboarding to Tyler over the next few months and look forward to working with him. As I close with this final contribution, I want to wish you all the best of luck and thank you for allowing me to be a part of your journey!



Welcoming
Tyler Hall
Director, DMNS

"I am so excited to be joining the Resident Affairs team and taking on the amazing work that Sharon and the entire RA team are doing. My goal is to really support learners in any way I can throughout your entire journey here with us at Dalhousie. Whether that is through programming, events, advocacy or just a pair of ears to listen, I am here for you.

I really look forward to meeting you all and if you do have any questions, concerns or just want to connect to say hi, feel free to reach out to me at tyler.hall@dal.ca or stop by the office if you are in Halifax."



Wellness Spotlight

Dr. Renea Leskie,
DMNB, Resident
Affairs Advisor

3 Good Things

Developed by Dr. Bryan Sexton with Duke University, 3 Good Things is a journaling exercise in which, just before bed, one writes down three good things that happened that day. For those who regularly practice 3 Good Things, research shows an increase in happiness and resiliency, and decreased levels of burnout – 3 good things! These don't have to be big things, nor do they have to require a lot of thought or time to jot down. For example, here are my most recent three good things:

1. Both kids cleaned their rooms today...without complaint!
2. I did not wake up to dog vomit. Thankfully, Bootsie seems to be over her grass eating phase (at least for the season.)
3. My husband poured me a glass of wine and then offered to cook us dinner. It was delicious!

You can read more about [3 Good Things here](#). And, if so inclined, you can also participate in research Duke is currently conducting on the benefits of 3 Good Things among health care workers. [Here is the link to participate.](#)

Additional well-being tools developed by Duke University aimed at decreasing burnout and increasing personal well-being in health care workers [can be found here](#).

RESIDENT PEER SUPPORT PROGRAM

DO YOU NEED TO TALK ABOUT
ANY OF THE FOLLOWING?

- STRESS
- BURNOUT
- TRANSITION TO RESIDENCY
- COPING WITH MEDICAL ERROR OR ADVERSE PATIENT OUTCOMES
- WORK LIFE BALANCE
- CONFIDENCE ISSUES/IMPOSTER SYNDROME

Need Support?

CONTACT:
RPSP@DAL.CA

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