

Resident Affairs

OFFICIAL NEWSLETTER FROM
THE RESIDENT AFFAIRS TEAM



DMNS ASSISTANT DEAN'S MESSAGE

[DR. CAROLYN THOMSON](#)

The Office of Resident Affairs is excited to launch the very first of our quarterly newsletters. We aim to include something for everyone and hope that these will inform and inspire you on "all things wellness." It has been a long and challenging eighteen months and even though the end is not quite in sight, I feel optimistic we are coming closer. We often talk about the negative (and often tragic) impact of the pandemic on all aspects of our lives and those of others, so I challenged myself to come up with ten positive things have emerged as a result.

[Ten Positive Things](#)

We hope you enjoy the newsletter, and we welcome any feedback. Please follow us on Instagram at [@dalmedwell](#).



YOUR WELLNESS SPOTLIGHT

[SHARON FORWARD,](#)
[DIRECTOR](#)

If you are trying to focus on studying, reading or another important task but get distracted easily with the constant flow of social media, [try the app Cold Turkey](#). This is a website blocking software that can be downloaded on Windows, and Mac computers. It helps block distracting websites like Facebook, Twitter, and YouTube. The software comes with a built-in task scheduler, POMODORO like system, and is compatible with all the popular platforms and browsers.

What to Listen to:

Adam grant talks about [escaping that "meh" feeling after months of navigating life in a pandemic](#) and how to find your flow again!



LIVE LIFE (FOR THE LOVE OF DOGS)

[DR. ROBERTA](#)
[PRESTON, LEARNER](#)
[DEVELOPMENT OFFICER](#)

Dog Cookies:

These quick and easy homemade treats will be a favourite at the dog park!

2 cups flour
1 Tbsp baking powder
1 cup peanut butter
1 cup broth or milk
1 grated carrot (optional)
Preheat oven to 375F. Grease a cookie sheet (or two). Mix baking powder into flour. Mix pb and milk until well blended. Pour pb mixture into flour mixture. Add carrot. Hand mix until a ball is formed. Split dough into two halves. On a floured surface, roll the dough to ¼" thick. Use pizza cutter to make small, bite size segments or use a cookie cutter. Bake for 15-18 minutes. Cookies freeze well - otherwise, make sure to give out within a week of baking.

RESIDENT AFFAIRS FEATURE ARTICLE

[BY DR. LISA SUTHERLAND, DMNB ASSISTANT DEAN](#)

In medicine our inner dialogue can promote or tear us down making it tough to keep the right balance of confidence, being just behind competence. When distressed, take a tiny moment, reflect, talk it through or write it out for yourself or to share. Does what is upsetting you have real permanence? Do you need to make an apology, take a failure bow? ([How to Fail podcast](#))

Can you consider what you are good at? (<https://www.drkostenuik.com>).

Try having a "strengths date" ([Seligman](#)) with your partner or a close friend or family member where you are open about growth and challenges to address the omnipresent Imposter Syndrome, with necessary humility and a willingness to accept transformative growth. These exercises can make us more accepting of feedback, of error, and enable us to flourish.

The adaptive practices of self compassion, self kindness, reminding oneself of our common humanity, and practicing mindfulness as noted in the newsletter article by Dr. Kristin Neff are highly beneficial and can be done in tiny moments. Dr. Rachel Naomi Remen writes about reflecting on your day in reverse like a movie to consider what surprised you, touched your heart or inspired you. "Necessary objects" like photos in your phone, a beach rock, house plant, a favorite coffee cup can cue the pause and reflection on these elements and further ground you with a comforting memory.

The burdens of burnout, vicarious trauma, compassion fatigue, mental/physical illness are heavy. We need to take turns pulling each other along, asking, and listening, finding our way together. As residents sharing, teaching, giving, and being altruistic can be rewarding and enriching. Belief in the "mission." with excellent communication and recognition of effort instill further sense of purpose and belonging to help thrive with psychological safety. ([Ungar](#))

([UBC study](#))

Let's generate the culture where we go at this together to ease the burden.

INTERESTING ARTICLES

[DR. RENEA LESKIE,
DMNB RESIDENT
AFFAIRS ADVISOR](#)

In a profession where compassion for others is top of mind, compassion for oneself should never be far behind. [The Role of Self-Compassion in Development: A Healthier Way to Relate to Oneself](#)
[Kristin D. Neff](#)



On behalf of everyone at Resident Affairs, we wish you a Happy Thanksgiving.

Tell us what you thought of our first newsletter. Send us an email at Resident.Affairs@dal.ca to be entered into a prize draw. Follow us on Instagram @dalmedwell for wellness tips and updates.