

## WINTER 2023 EDITION



### Assistant Deans Message

**[Dr. Lisa Sutherland,](#)**  
**[DMNB](#)**

Greetings from Resident Affairs!

We would like to give a shout of appreciation out to all residents who contribute to patient care, teaching while learning, all while navigating your own lives.

In this issue we highlight Tyler Hall, who has hit the ground running as the new Director of Resident and Student Affairs at DMNS. With expertise in Appreciative Advising, Tyler brings tremendous energy and a wealth of experience from Student Affairs, Dalhousie upper campus. Please enjoy this article recently published by [Tyler and his co-author.](#)

We are also thrilled to collaborate with Faculty of Medicine members, Dr. Leah Jones, Director of Black Health and Dr. Brent Young, Director of Indigenous Health in Medicine.

Both are keen to engage with residents and offer mentorship and support. Please reach out to them directly should you like to connect.

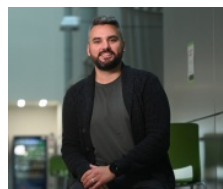
As always, the Dalhousie Medicine Resident Affairs team is available to all residents in the Maritimes who may need support in the realms of personal and academic support. [Please reach out anytime.](#)



### Dr. Leah Jones

**[leah.jones@dal.ca](mailto:leah.jones@dal.ca)**

Dr. Leah Jones is a family physician and the new Academic Director of Black Health within Dalhousie's Faculty of Medicine. She was born and raised in Dartmouth, attending Dalhousie for Medical School graduating in 2018. After attending McMaster University for her Family Medicine residency she practiced in Ottawa for two years prior to coming back to NS for this role. The role is working to engage the African Nova Scotian/Black community with Dalhousie, increase representation of Black medical students, advise on curriculum as it relates to Black health, and support working towards a culturally competent learning environment. Clinically she is working in primary care and addiction medicine. For more information on Dr. Jones [please click here.](#)



### Dr. Brent Young

**[ihim@dal.ca](mailto:ihim@dal.ca)**

Dr. Brent Young is an Anishinaabe family physician. He was born and raised in Unama'ki (Cape Breton, NS) as a result of his mother being displaced from her home community of Sandy Bay First Nation during the Sixties Scoop. He completed a BSc in Biochemistry and Molecular Biology as well as an MSc in Pharmacology at Dalhousie University. He is a past-president of the Dalhousie Indigenous Students' Collective and a co-founder of the Dalhousie Medical Students' Diversity and Inclusion Committee. For more information on Dr. Young [please click here.](#)



### Live Life

**[Dr. Carolyn Thomson](#)**  
**[Assistant Dean, DMNS](#)**

*Beating the Winter Blahs*

Every year at this time, most of us grow weary of winter especially with our unpredictable Maritime climate. Here are a few easy tips to get you through the winter months.

1. Invest in warm clothes and good boots. This will ensure you can get outside as often as possible to enjoy nature, exercise and soak up some Vitamin D.
2. Find an activity you enjoy such as skiing, snowshoeing or skating. Baking is also included in this list!
3. Make some comfort food for yourself, family and friends.
4. Treat yourself to a luxury or two such as gourmet hot chocolate, a new scarf, a hot bath or an afternoon of Netflix bingeing. It's okay to give in to your desire to hibernate.
5. Spend time with people who love winter. According to a 2008 study in the BMJ, people who are surrounded by many happy people are more likely to become happier. Happiness is a collective phenomenon.
6. Plan things to look forward to (think vacation or mini-break).
7. Be aware that 2-10% of the populations suffers from seasonal affective disorder. If you recognize this in yourself, be sure to see your doctor.

And remember, spring is just around the corner!

**[CONTACT OUR RESIDENT AFFAIRS TEAM](#)**

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

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### Feature Article

[Tyler Hall, Director, DMNS](#)

The days are getting lighter, and we can begin to feel spring in the air. Change can bring so many good things, but transitions are not always smooth. As you go through your residency and approach the next academic year, it can be a good time to reflect on what went well and what is coming that brings you excitement.

For those that have not gotten a chance to meet me, I am Tyler Hall (he/him) and I am the new Director of Resident and Student Affairs at the DMNS campus and I am extremely grateful for the opportunity to transition into this role.

It is a critical time in medicine right now and I think all of us can use support as we brave the challenges that arise together. Our office and amazing team are here to support you through these transitions, so never hesitate to reach out. Sometimes having someone to bounce ideas off, or chat through an upcoming hurdle can be helpful and we are here for you.

I have been working in learner affairs in post-secondary education for the last 15 years and this is an area I am passionate about. Coming into this role, I can see that all members of this office genuinely care about the learners that come through our program. We are told that we need to face the challenges in life head on but know you do not need to do this alone. The resident affairs team offers support at every step, please reach out should you need anything.

We are also here to celebrate with you as you achieve your goals, make it from one year to the next, and as you begin your transition out of residency and on to your next exciting steps in medicine. We always love to hear stories, feel free to share those with our team as well.

We wish you all the best in these next few months and for many of you, as the academic year draws to a close and spring begins to approach, the light at the end of the tunnel becomes stronger and more attainable.

One thing I try to remember as I look forward to Spring, is a quote from L. M. Montgomery and the Anne books, *"Nothing ever seems impossible in spring, you know"*.

I hope you can take that forward with you and hope to connect with you soon.



### Interesting Article

[Dr. Renea Leskie](#)  
[DMNB, Resident Affairs](#)  
[Advisor](#)

Going to and from work in the dark can often make you feel sad and depressed – natural feelings that occur among many of us this time of year.

The good news is that spring is on its way and the days are, indeed, getting longer. As we wait for the sun to outshine your winter blues, below is a short article, listing a few other things you can do to help overcome these feelings as we ease out of winter and into spring.

#### [10 Ways To Beat The Winter Blues](#)

As always, please remember you can reach out to Resident Affairs any time for additional advice and support. You are not alone and we're here to help!



### Wellness Spotlight

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

#### *Building Time Sense*

Leslie Josel (2020) describes 'time sense' as a skill in knowing how long it takes to complete a task. The stronger our time sense, the better we can accurately map our days and weeks to complete our daily tasks (e.g. food preparation, chores, etc.) and schedule longer and more complex goals (e.g. preparing a grand round presentation, studying for an exam, etc.).

Learning to approximate the "how long I think it takes" with the "how long it really takes" can help us stop setting unrealistic targets or scheduling insufficient time to complete mandatory tasks.

To help build time sense, track your time for two weeks without judgment. (Excel has a variety of time templates under the 'new' tab). You get an honest picture of the actual time spent by tracking AFTER the activity. Now that you see where your time is going, you can decide if you want to make changes and where you can free up time for what matters most.

## 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](mailto:RPSP@DAL.CA)

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Resident Affairs

There are times when residents may feel more comfortable speaking with a peer when discussing challenges. Dalhousie Medical Alumni Association in partnership with the Resident Affairs office have developed a Resident Peer Program for peer to peer support. Contact [RPSP@dal.ca](mailto:RPSP@dal.ca) for more information or to connect with a resident peer.

**[FOR MORE INFORMATION ON THE RESIDENT PEER SUPPORT PROGRAM CONTACT RPSP@DAL.CA](#)**