

# Healthy Doctors, Healthy Patients

BUSM II orientation 2020

# Our Panel of Student Affairs and Diversity and Inclusion Deans



Angela Jackson  
Medicine



Vonzella Bryant  
Emergency  
Medicine



Dan Chen  
Medicine



Arvin Garg  
Pediatrics



Vivian Sanchez  
Surgery



# Dean Jackson



- Do you consider yourself to be a resilient person?

# Dean Bryant



- What was your best day in training to become a physician?
- What was your worst day and what resources did you use to get through it?

# Dean Chen



- As a physician, describe a scenario or moment when you felt deeply fulfilled.

# Dean Garg



- Did you have a period of your life where things seemed overwhelming and how did you deal with it – in work/out of work?

# Dean Sanchez



- Looking back over your training and career what lessons did you learn that shaped the physician that you are today ?

# Audience question 1

- How did you financially balance things like educational debt, career goals (e.g. academic vs. community/private practice), and personal goals (e.g. starting a family, owning a house) after you finished residency/fellowship?



## Audience question 2

- Outside of your clerkships and clinical rotations, what was the most important thing you did to decide on a specialty?

# To all

- If you had to give one piece of advice to the second year students what would it be?

# Resilience

re·sil·ience

rə'zilyəns/

*noun*

noun: **resilience**; plural noun: **resiliences**

1. the ability of a substance or object to spring back into shape; elasticity. "nylon is excellent in wearability and resilience"
2. the capacity to recover quickly from difficulties; toughness. "the often remarkable resilience of so many British institutions"

# Expert Tips for Resilience

1. Determine your core beliefs
2. Look for meaning in stressful or traumatic moments
3. Try to be positive
4. Identify a resilient person to model
5. Face things that scare you
6. Quickly reach out for support
7. Learn something new every day
8. Exercise regularly
9. Don't dwell on things you can't change or punish yourself over them
10. Embrace your internal strength and let it grow

# Support and Information

Family and friends, peers, Student Affairs, advisors, teachers

SA web site

<https://www.bumc.bu.edu/busm/student-life/office-of-student-affairs/>

Wellness check-in with Camille Serelus: cserelus@bu.edu

Wellness Initiative web site

<https://www.bumc.bu.edu/busm/student-life/student-life/student-organizations/wellness-initiative/>

# Parting Task

Think about and then write down one thing that you will commit to this year that will add to your resilience.