

# 6 Tips for STAYING CONNECTED IN MEDICAL SCHOOL

According to the longest running in depth study on human happiness, one clear finding has emerged: Strong relationships are what make for a happy life.



Think of someone you love, miss, or wish you connected with more often. **Send a text to schedule an 8-minute call this week to catch up.**



**Talk to someone you don't know well.** Small talk might not seem important but these brief, warm exchanges can impact your happiness.



Think of someone special and write down what you would want tell them if you thought you would never see them again. Then send it!



**Write down 10 specific things a loved one has done that you appreciate.** Take turns to read your list out loud.



Make note of something a classmate said and follow up on it a week later. It can be a test, event, or anything to show them you care!



**Don't cancel plans!** It can be tempting to stay home rather than socialize. Interacting with others can improve our mood and make us happier.



For more resources, visit [Community Wellbeing](#)



Chobanian & Avedisian School of Medicine  
Student Affairs