

3

Find a resource



Emotional

- [Behavioral Medicine](#)
 - [In person counseling on campus](#)
- [Marsh Chapel Chaplain Office Hours](#): Thursdays 12-1 p.m. A212A
- [Advising Network - AME, FSA, Peer Advisors](#)
- [Student Affairs Deans Office Hours](#)
- Dean on Duty
- BUSM Quiet Room (A401)
- [5 Tips for Practicing Mindfulness in 0 Seconds](#)
- [5 Meditations to Cope with Stress](#)
- [BU Student Wellbeing](#)
- [College Mental Health Education Program](#)
- [Headspace](#)



Values

- [Engage in Student Activities](#)
- [Marsh Chapel Chaplain Office Hours](#): Thursdays 12-1 p.m. A212A
- [Diversity and Inclusion](#)
- [Free entry to Museum of Fine Arts, Isabella Stewart Gardner Museum, ICA, BSO](#)
- [Newbury Center for First-Generation Students](#)
- [ePortfolios](#)
- [Spaces for Prayer and Meditation](#)



Financial

- [BUMC Student Financial Services](#)
- [BU Food Pantry](#)
- [MED Food Pantry A-4](#)
- [Affordable Meal Options and Discounts](#)
- [Local Grocery Stores by Cost](#)



Physical

- [Primary Care at SHS or BMC](#)
- [Health and Disability Insurance](#)
- [Dental Plan](#)
- [BUMC Fuller Gym](#): Open everyday 4-9pm except Tuesdays
- [5 Tips to Get More Active in Medical School](#)
- [5 Tips for Healthy Eating in Medical School](#)
- [Student Recipe](#)
- [Boston Community Food Resources](#)
- [Building a Healthy Eating Routine](#)
- [Mindful Movement Yoga \(Zoom\)](#)
- [SHS Guide for Medical Students](#)
- [Sleep Resources](#)
- [Sargent Health Nutrition Center](#)
- [BU FitRec](#)
- [SARP](#)
- [Sexual Misconduct/Title IX](#)
- [Substance Use & Recovery](#)



Community

- [Student Clubs and Organization](#)
- Student-led [Peer Advisors](#) and [Wellness Initiative](#)
- [School-led Advising Network](#)
- [Walk & Talks with Dean Jackson](#)
- [Weekly Digest](#)



Intellectual

- [Academic Enhancement Office](#)
- [Medical Education Office](#)
- [Curricular Committees](#)
- [Career Fair and Career Expo](#)
- [Appropriate Treatment in Medicine](#)
- [Office of the Ombuds](#)
- [Student Clubs and Organizations](#)

Contact

617-358-7465
 Student Affairs Office, A Building, 2nd Floor
 Dean on Duty
bumc.bu.edu/camed/student-affairs/health/



SCAN TO GET RESOURCES

My Wellbeing Plan



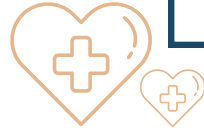


Set a goal

Name:

Date:




How would you rate your overall satisfaction of your wellbeing? Please check one color per dimension of wellbeing (red = not satisfied, yellow = satisfied, green = very satisfied).



MY GOAL WILL FOCUS ON...

Based on the below, select one area you want to focus on.



			
EMOTIONAL: being aware of your own feelings and coping with the challenges life brings.			
COMMUNITY: building a network of support, including advisors, mentors, peers, friends, and family, and relating to one another with respect for yourself and others.			
PHYSICAL: keeping physically healthy, eating well, exercising, maintaining sleep hygiene.			
INTELLECTUAL: engaging in the medical school curriculum as well as other scholastic, cultural, and community activities.			
FINANCIAL: understanding and feeling in control of your financial situation.			
VALUES: establishing core values and ethics that guide your life and choices.			



Create an action plan

WHAT SPECIFIC ACTIVITY OR BEHAVIOR WILL YOU DO?

(Refer to Step 3 on the back for ideas)

WHEN WILL YOU DO IT?

WHERE WILL YOU DO IT?

HOW WILL YOU DO IT?

WHAT IS YOUR BIGGEST BARRIER?

HOW WILL YOU OVERCOME THE BARRIER?