My Wellbeing Plan

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/
1. **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).

   **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.

2. **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?**