

# PAUL S.

## WELLNESS STORY

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[Book a 15-Minute Wellness check-in with Tiffany.](#)



**"LITTLE CHANGES, OVER TIME, MAKE A DIFFERENCE."**

"I would recommend the 15-Minute Wellness Check-ins to any of my peers who want to improve their health. I met with Tiffany from Student Affairs regularly over the past year for these brief meetings in which I would create a small yet impactful health goal. My personal goals have touched upon diet, exercise, and intellectual pursuits beyond medicine. It has even allowed me to get back into swimming competitively!

The 15-minute window provides just enough time to articulate a goal, identify barriers to reaching that goal, and ways to overcome those barriers which has helped me stick to my goal.

As I turn my gaze towards STEP preparation, I am grateful I took the time to reflect and create these little goals.

Little changes, over time, make a difference. The 15-Minute Wellness Check-ins have helped me cope with the stress of medical school, so I hope they might do the same for you!"