



CFMS LONGITUDINAL WELLNESS INITIATIVE

WHO ARE WE

The CFMS Longitudinal Wellness Initiative (LWI), started in 2018, strives to highlight supportive strategies and resources to promote different components of wellness. We hope to inspire and encourage continued connectedness, support, and discussion around wellness in medicine.



WHAT TO EXPECT

The aim of the bimonthly newsletter is to share some of the amazing initiatives and events being done across Canada by your hardworking and creative peers! For the second newsletter we want to revisit some of the highlighted school events hosted in the beginning of 2019 alongside some useful resources.



Read More

Interested in learning more about different diets and food trends? Want suggestions regarding how to manage fatigue and combat burnout? In need for a new healthy recipe?

**VISIT OUR
WEBSITE**

LONGITUDINAL WELLNESS INITIATIVE

BiMonthly Newsletter

By Huaying (Helen) Zhao, Kelsie Ou



DAY ONE JOURNAL

Keeping a journal can be immensely rewarding but it is a tough habit to acquire. Day One is a journaling app that makes it easy to get started and keep going. The simple interface is perfect for the casual user while the customizations (create multiple journals for every desire and colour code!) makes it easily personalized for the more avid user. Add multiple photos, sketch a drawing, record a few thoughts- journalling is no longer just words written down but comes to life both visually and audibly. On your desktop and on your Mac application, you can take journalling anywhere. The app is free to download for Android and iOS!



STOP, BREATHE & THINK

We all need to do that sometimes. While some people swear to the benefits of meditation, others, like myself, may be a bit skeptical and wrestle with whether to commit the time to try it out. Stop, Breathe & Think is an app that aims to create a more deliberate intentional experience. There is a section called "Learn to Meditate", which explains what mindfulness is and why it's beneficial, including some of the neuroscience and physiology behind it. Every time you open the app, you are prompted to check in- to rate your mind and body on a scale and note what you are feeling in the moment. Then, the app tailors recommendations from meditation to yoga to how you feel. It is ideal if you need to understand why you're meditating and see how it's benefiting you in order to keep up the habit.

MYPLATE

THE LIVESTRONG.COM
CALORIE TRACKER



My Plate Calories Tracker

MyPlate Calories Tracker is a free nutrition app that boasts a database of 2 million items and includes the ability to track calories, macro and micronutrients, and water intake. Food tracking is simplified with a barcode scanner for prepackaged food and the tool to create custom meal items. Seeing if you are meeting your nutritional goals is made easy with graphs and charts that help visualize and assess your food habits. Beyond calorie tracking, the app offers a myriad of nutrition information on topics such as cooking tips to supplements and recipes.



FIRESIDE CHAT INITIATIVE

McMaster University

Every month, the Student Affairs Office at McMaster University organizes an evening Fireside Chat, where one to two physicians are invited to talk to medical students about wellness in medicine. Students are encouraged to engage the guest physicians in a two-way dialogue in a safe, comfortable, and flexible environment. Past topics of discussion vary widely, including mental health, moving forward from mistakes, healthy sleeping/eating/exercise practices, the meaning of happiness, and dealing with imposter syndrome. Pizza is provided to all participants, and there is even a virtual fireplace that gets projected onto the wall!

LUNCH TALKS

Queen's University- Eating Healthy on a Busy Schedule

In February, to start off the Nutrition Week during Wellness Month, Queen's University hosted a lunch time talk by a registered dietician. Make your own wraps and salads were provided. The talk addressed eating healthy on a busy schedule, which is something that may be lacking for medical students with our busy schedules and in the future, as residents and doctors.

University of Alberta- Evidence Based Dieting

In April, a group of University of Alberta students hosted a lunch talk to discuss the pros and cons of common diets. The talk was hosted by a GI specialist with a fellowship in nutrition and a registered dietician to shed some light about common diets (e.g. Keto, Intermittent Fasting, etc). The beneficial or harmful effects of these diets were shared; students not only learned about the diets themselves but also about how to answer those questions to our patients in the future!

OTHER APPS: VELLUM

Beyond the scope of wellness, there are other resources out there that we find fun, practical, and or simply engaging. This edition is going to recommend an app called Vellum, which is my go to place to find a new wallpaper. Even with the free version, there is a lot of options to select a high quality photo for your iOS background (it just might make your decision harder!).



Call for Submissions

The LWI is reaching out to all medical students to hear about their personal wellness journey and school initiatives/events. Let's spread the word across Canada!

[CLICK HERE](#)