

"What does wellness mean to me?"

Wellness has different meanings for many of us. For most, wellness is a *state* and not a *destination*. It is ever changing and we must always thrive for that state.

"Wellness to me means being able to see and appreciate life and our loved ones. Making time for self-care and enjoying my time. Enjoying the beautiful colors that surround us. Stepping on grass barefoot!"

- Faculty

"To me, wellness means a few things:

- 1. Truly taking a step back from medicine and unplugging*
- 2. Doing something fun with my co residents*
- 3. Going on vacation"*

-PGY-3

"Wellness for me is when you wake up in the morning for work and still look forward to being at work even if you are tired."

-PGY-1

"Wellness is the state of not being overwhelmed, exhausted, or stressed out, and having enough energy to move forward. Especially as a resident, the energy to move on will drive motivation for learning which ultimately impacts patient care and becoming a better physician."

-PGY-2

"Wellness is to enjoy heading in to work daily. To drive out home feeling accomplished and complete and ready to focus on family and friends. It's a habit to improve mental and physical health after a long day of work."

-Faculty

"To me, wellness means looking forward to what the day will bring. It means waking up, not dreading coming into work or regretting your life choices."

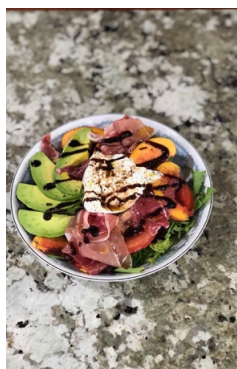
-PGY-3



Because they make up everything!

Why don't scientists trust atoms?

"...personally discovering a way of achieving wellness through meaningful action"



Food of the quarter

An Ode to Avocados

Cynthia Chen-Joea, DO, MPH

Avocados

How I love thee

Your creamy texture pairs deliciously with all types of foods

Your nutrient dense flesh contains healthy mono unsaturated fats

Your versatile quality makes you an easy sodium and cholesterol free addition to any dish

Avocado peach and prosciutto salad

Avocado grilled cheese

Greek stuffed avocados

Avocado sriracha toast

Even Avocado ice cream and smoothies

What an easy way to increase fat soluble nutrients like vitamin A, D, E, K

You help reduce the risk of cancer, diabetes, obesity, heart disease...and more!

My favorite type of berry

The avocado



Gratitude

A Four Legged Friend

Dr. Mark Martin

Rex is a 7 year old Cardigan Welsh Corgi. My girlfriend and I adopted him from the shelter when I was in medical school. When I first got him, he was severely obese (50 lbs!) and could not walk up and down stairs. Rehabilitating him, walking him every day (now 34 lbs), and coming home to his floppy ears and endless excitement after a long day of work has been a key source of wellness through medical school and residency.



Before After

Did you know...

*Every Fruit Loop is the same flavor, regardless of the color.

*Martin Luther King, Jr and Anne Frank were born the same year.

Humor

Medicine (Haiku)

Dr. Singh

What are we treating?

I don't know, but it's Sepsis!

Antibiotics.

Reflection

A Run to Remember

Dr. Diana Jochai

As a mental health professional, one would assume I have mastered wellness; however, it is far from the truth. Life experiences continue to teach me about what serves me well in the aspect of self care. Earlier this Fall one of my dear mentors and highly respected clinicians passed away after a battle with an aggressive form of lung cancer. The loss was very significant to me for this man was instrumental in a lot of my professional development and growth. A few weeks after his death I took part in a 10k run at Lone Pine, CA, organized by John Wayne Cancer Foundation.

It was my first time running such a distance and in such a setting, but I was determined to use this opportunity to honor my teacher and show support for the fight against cancer. I did finish the race, barely breathing towards the end... Throughout the entire run, what helped me stay focused and make it to the finish line was constantly reminding myself of the purpose and the mission this event signified. Although I still feel profound sadness about the sudden loss of someone whom I have so admired and aspired to be like for many years, taking part in this 10k run offered me an unexpected form of healing.

I thought I would feel physically drained and emotionally exhausted after; instead what I was most aware of is that I was privately grieving in a very public way, personally discovering a way of achieving wellness through meaningful action.

