



Dear Learners from the ISoN, SCSD, and SPOT,

We hope that you are doing well and that you are finding meaningful ways to maintain balance and joy during these unprecedented times. As many of you are aware, we recently conducted a needs-assessment survey to get a sense of how you are doing, given the rapid and unexpected changes brought up by the pandemic. In response to some of the most commonly reported issues, we held the webinar “How to Cultivate Balance in the Face of COVID-19,” where we discussed practical and evidence-based strategies to resolve or better cope with the issues identified. The webinar covers techniques to: Manage COVID-related stress and anxiety to restore equilibrium; cope with isolation and relationship conflict; create an intentional and productive daily routine; and facilitate successful online learning.

We were also very happy to know that many of you are finding creative ways to cope with and thrive in these circumstances. Some of these strategies are shared in the webinar so that you can see what is working for other learners and derive some inspiration.

To watch the webinar, please click [here](#).

In this letter, you will find some online resources, including resources to manage stress and to reduce isolation. You will also find information about the WELL Office services, as many of you had questions about accessibility. Lastly, you are invited to complete the needs-assessment survey, if you have not already done so, as the survey is closing soon and your input has been of great value and has offered important direction to our services.

The WELL Office is here for you.

A Personal Message from Assistant Dean, Professor Deborah Friedman

Dear students,



The past few months of adjusting to COVID-19 life has certainly brought on some very challenging times for everyone, and I know that for many of you academic and clinical year has certainly been impacted in a significant way. For some it will alter your graduating year plans. Challenges sometimes bring new paths to travel and opportunities to look at things differently even though difficult at the time.

I continue to be inspired and energized by the creativity, insight, excitement, resilience and determination of learners even through the most uncertain of times.

Thank you for taking the time to respond to our Coping with Covid -19 Survey. Your responses helped to provide us with insight into your current and evolving needs, issues, and concerns. We are here to support and guide you through this unprecedented period of time. Please do not hesitate to reach out to myself, the Wellness Consultants or WELL Office Administrative Team. Resources are available if you

are in need of guidance, support, one-one-one counseling, struggling with learning environment issues, or have creative ideas and reflections to share.

I have recently sent out a Learning Environment Exit Survey to learners in their final year of study. Again your input is invaluable and your honest reflections would be much appreciated. I encourage you to take a little bit of time to complete it as you are ideally situated to provide an important perspective.

We plan to schedule a zoom Inter-professional Learning Advisory Council meeting at the end of the month. Please share any ideas and feedback you may have with your respective representatives.

Stay healthy and take care of yourselves. .

Professor Deborah Friedman BSc pht MMgmt

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Online Resources

Coping with Stress in Times of Uncertainty



[Problem-Solving Techniques for Stress Management. Mayo Clinic](#)

Here you will find a clear explanation of the problem-solving process, with simple steps to develop your skills and come up with creative solutions for managing your stress.

[There Is Another Way, Special Teaching from Eckhart Tolle](#)

Eckhart Tolle shares an important practice for this challenging time that allows us to rise above our thoughts about external circumstances and access the value of the present moment and a deeper dimension of ourselves.

[Self-Compassion Break in the Era of COVID-19 by Dr. Chris Germer](#)

Join Dr. Chris Germer for a self-compassion break that can help manage the pain of isolation, disconnection, and anxiety during these times.

Fostering Connections and Reducing Isolation



[TableTopics](#)

Here you will find a conversation game kit with various themes and sizes.

[Meetups](#)

A platform that allows groups to gather virtually based off of similar interests.

[QuarantineChat](#)

An encrypted telephone service that allows you to connect randomly with strangers around the world who are also isolated.

Building an Intentional and Holistic Routine



[Creating A New Routine Matters Now More Than Ever](#)

As creatures of habits, many of us are struggling with changes to our daily routines due to the pandemic. This blog offers ideas to create or tailor your routine in an intentional and holistic way to foster your well-being.

[Fabulous: Self-Care app](#)

This science-based app can help you instill habits to improve your health. For example, it can help you follow your fitness routine, reboot your sleep cycle, and discover mindfulness to reduce your anxiety.

Successful Online Learning



[Med School Insiders](#)

Med School Insiders is a youtube channel, which has helpful videos that include strategies for any student who wants to improve their academic functioning.

WELL Office Online Resources



New Episode! [The WELL Office Podcast](#)

A New Reality: Coping with the Stressors of COVID-19

Adam Caplin, VP Wellness of the Medical Students' Society of McGill, joins Pascale and Elizabeth to discuss some of the common stressors currently faced by Health Professional Learners as they navigate through this new reality. Recognizing that everyone has their own unique set of circumstances and ways of dealing with uncertainty, our goal is to provide some basic coping strategies, helpful resources and the reassurance that you are not in this alone.

[Take Home Messages – Wellness Curriculum Sessions](#)

Here you will find the main practical strategies, tools and knowledge of each Wellness Curriculum Session so that you can actively support your learning and well-being. Topics include study skills, and stress and time management.



[Yoga on the Go!](#)

The WELL Office has teamed up with International yoga pioneer and Physical Therapist, Lara Heimann to bring you efficient, time-friendly workouts designed specifically for McGill Health Professional Learners. LYT™ (Lara's Yoga Technique) is a sophisticated method of practice that is based on the three principles of Physiology, Kinesiology and Neurology.

Wellness Support

The WELL Office offers a variety of [services](#) for learners from the ISON, SPOT, and SCSD. For example, we offer: a) **short-term individual counselling** with Wellness Consultants; b) **academic advising, guidance, and advocacy** with the Assistant Dean, Student Affairs; c) education through our Fall/Winter **academic wellness curriculum**; and d)

assistance with connecting to university services or community care, when long-term follow-up is needed. Our services remain open during the summer and will continue to be virtual until further directives.

Please note that we do not offer health care services. If you need care from a doctor, nurse, dietician, or psychiatrist, please visit the [Student Wellness Hub](#) for more information and access.

To book an appointment with a Wellness Consultants for counselling please use our calendlys. If you are having difficulty booking an appointment please contact the WELL office at 514-398-5836 or thewelloffice@mcgill.ca



Camila Velez, M.A., C.C.C. (Certified Canadian Counsellor)

Wellness Consultant

[Calendly](#)



Emily Wasylenko, C.C.C. (Certified Canadian Counsellor)

Wellness Consultant

[Calendly](#)

LAST CALL! ISoN, SPOT, and SCSD Learner Well-Being during COVID-19: Needs Assessment Survey

The WELL Office invites you to complete [this brief survey](#) to help us determine your assorted needs and ensure your well-being during this time. Your input is very important as it will help us tailor our services to better meet your most pressing needs. The survey will close on May 15, 2020.

Your answers are anonymous and confidential. The survey should take approximately 15 minutes to complete.

Thank you for your participation.

Questions

We hope that this special newsletter is of benefit to you. Please do not hesitate to [contact us](#) if you have any comments, suggestions, or concerns.

We wish you continued health, safety, and well-being.

Warmest regards,

The ISoN, SCSD, and SPOT Team @ The WELL Office