



MEDICAL STUDENTS WELLBEING

Peer Perspective

SLEEP DEPRIVATION

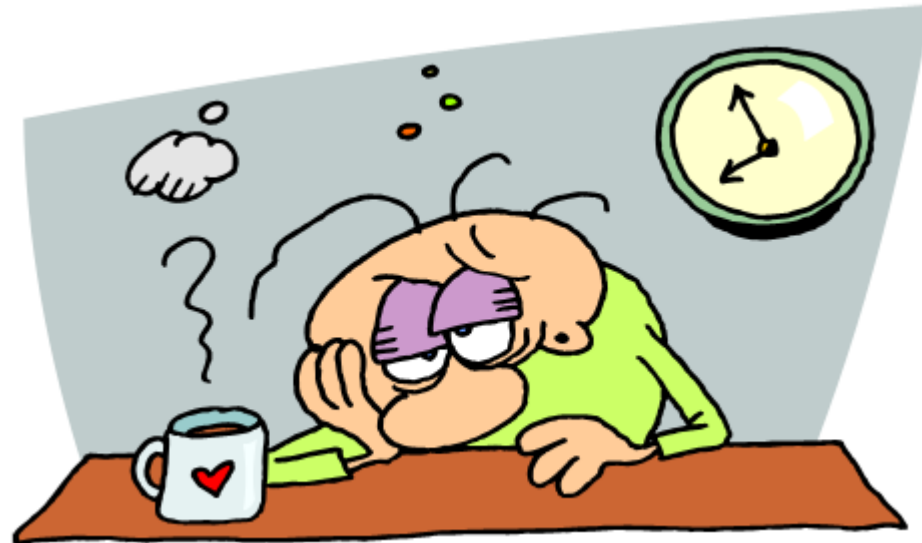
Causes accidents

Causes health problems

Causes less concentration

Less attention span

Difficult to memorize things



SIGNS OF SLEEP DEPRIVATION

You are always hungry

You have gained weight

You are more impulsive

Your memory is shot

You are having trouble making decisions

Your motor skills are off

Your emotions are all over the place

You get sick often

You are having trouble seeing

Your skin is not looking good

You think you have fallen asleep at the wheel



SOLUTIONS FOR SLEEP DEPRIVATION

Sleep

Sleep

Sleep

Organize yourself

Prioritize

Sleep

Sleep



STIMULANTS AND ENERGY DRINKS

Adderall/Ritalin

Ciclon/Red Bull/ Monster

Coffee

These substances give you energy for a couple of hours or increase concentration while having side effects.

Sleep/wake cycle can be affected

You can become addicted to some of the medications

Energizing drinks contain large amounts of sugar



A WORD ON COFFEE

Coffee is fine during the day, but using coffee at night can lead to insomnia or going to bed later than you would like

If you want to use something to boost your mood or give you energy, coffee is by far the best option



RISK VS. BENEFIT



Do you really think it's worth using an ADHD medication to boost your performance?

By organizing yourself, sleeping, and managing your time you can avoid last minute cramming sessions and you can cover all the material needed.

TIME MANAGEMENT

Use calendars and day planners

- Be detailed
 - Tasks to be done
 - Time spent on each task

Schedule free time and respect it

If you are not meeting your goals or are distracted, reevaluate how and where you are studying

Know your modus operandis

- If you like naps, take naps
- If you like to eat dinner at 7pm every night, do it
- But schedule it!

Set time to slow down before going to bed

Don't overstuff your schedule, be realistic

TIPS FOR TIME MANAGEMENT AND SCHEDULING

Revise your schedule

Avoid procrastination

- Use programs that limit access to internet and email
- Turn off your phone and computer
- When you accomplish goals, reward yourself; plan smaller breaks for smaller tasks and larger rewards for larger goals.

Place blocks for studying when you are most productive

- Morning person or night owl

Prioritize assignments

- Worst subjects at most productive time of day

SAMPLE
STUDY PLANNING WORKSHEET
(make copies and use this sheet to track your progress)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM 7:00							
8:00							
9:00							
10:00							
11:00							
PM 12:00							
12:30							
1:00							
1:30							
2:00							
2:30							
3:00							
4:00							
5:00							
6:00							
7:00							
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12:00							
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3:00							
4:00							
5:00							
6:00							
7:00							

GOAL FOR THE WEEK: _____

Provided by the Office of Academic Support and Counseling
Albert Einstein College of Medicine
Mary S. Kelly, PhD (Director)

STRESS MANAGEMENT



Take breaks

Schedule time for yourself or your hobbies

Don't leave everything for last minute

Relaxation methods

- Breathing exercises
- Yoga sessions

Exercise

Gold Humanism reflection rounds

Community service

SERVICES PROVIDED

Prof. Angeles J. Martínez Vélez, MTS, LTS

- Medical Graduate Education UPR
- 758-2525 X 2032/1386
- angeles.martinez@upr.edu

Dr. Namir Jordán Díaz

- Psychologist School of Medicine UPR
- Office 876
- 758-2525 X 5526
- namir.jordan@upr.edu

Blanca E. Amorós Rivera, Ed.D, CPL

- Director, CECSi Students Dean Office, UPR RCM
- 758-2525 X 5209 / 5210
- blanca.amoros@upr.edu

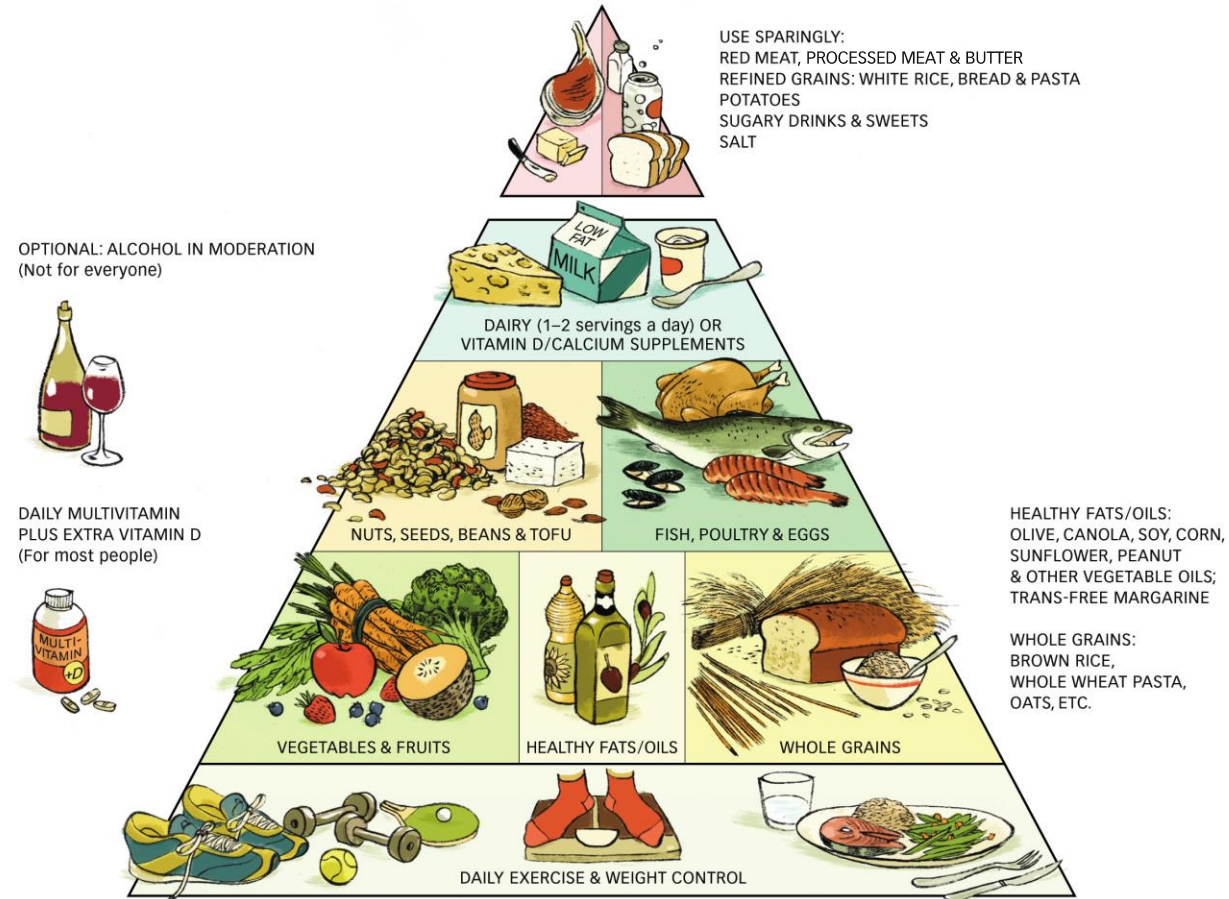




EXERCISE & NUTRITION

THE HEALTHY EATING PYRAMID

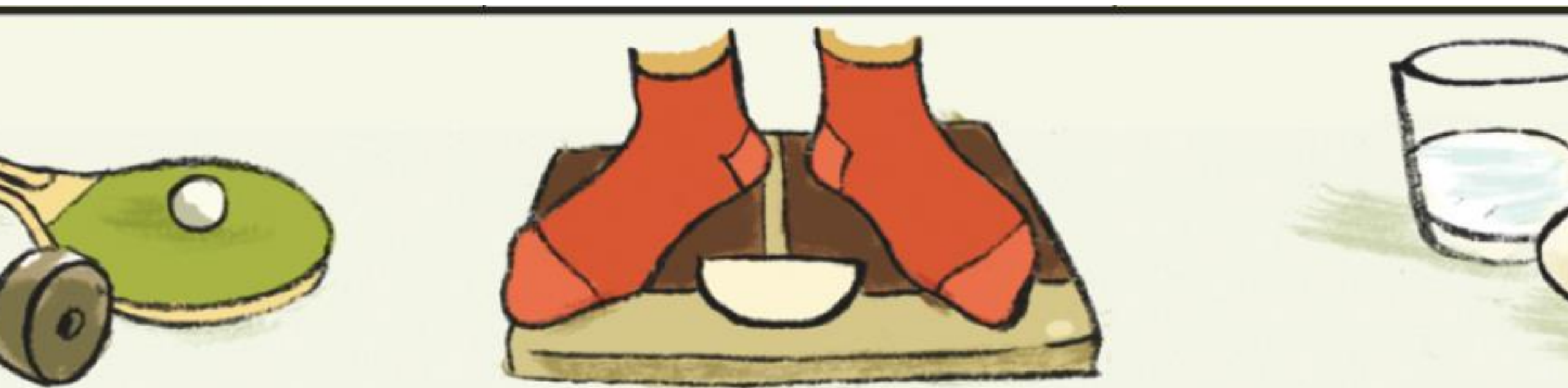
Department of Nutrition, Harvard School of Public Health



For more information about the Healthy Eating Pyramid:

WWW.THE NUTRITION SOURCE.ORG

Eat, Drink, and Be Healthy
by Walter C. Willett, M.D. and Patrick J. Skerrett (2005)
Free Press/Simon & Schuster Inc.



DAILY EXERCISE & WEIGHT CONTROL

8 MINUTE WORKOUT

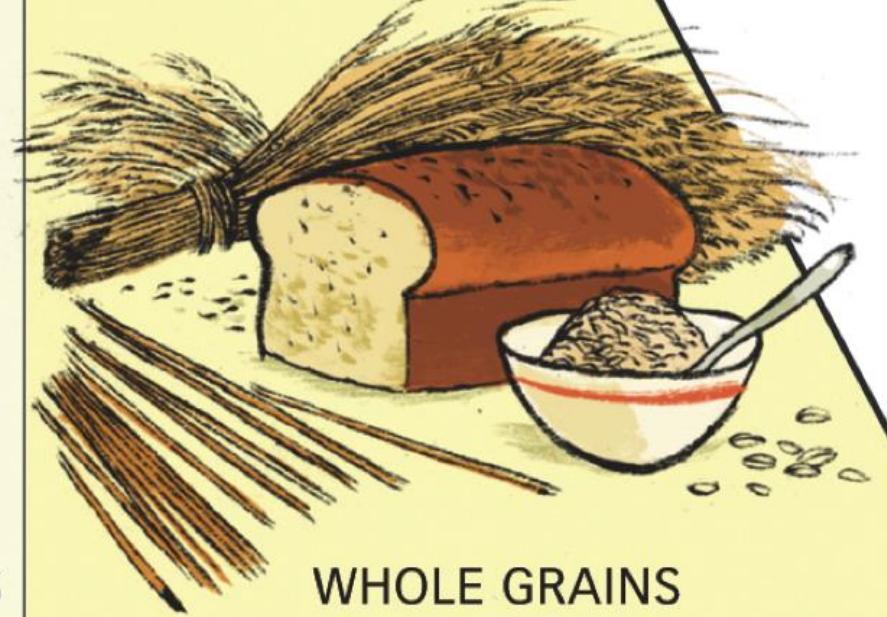




VEGETABLES & FRUITS



HEALTHY FATS/OILS



WHOLE GRAINS



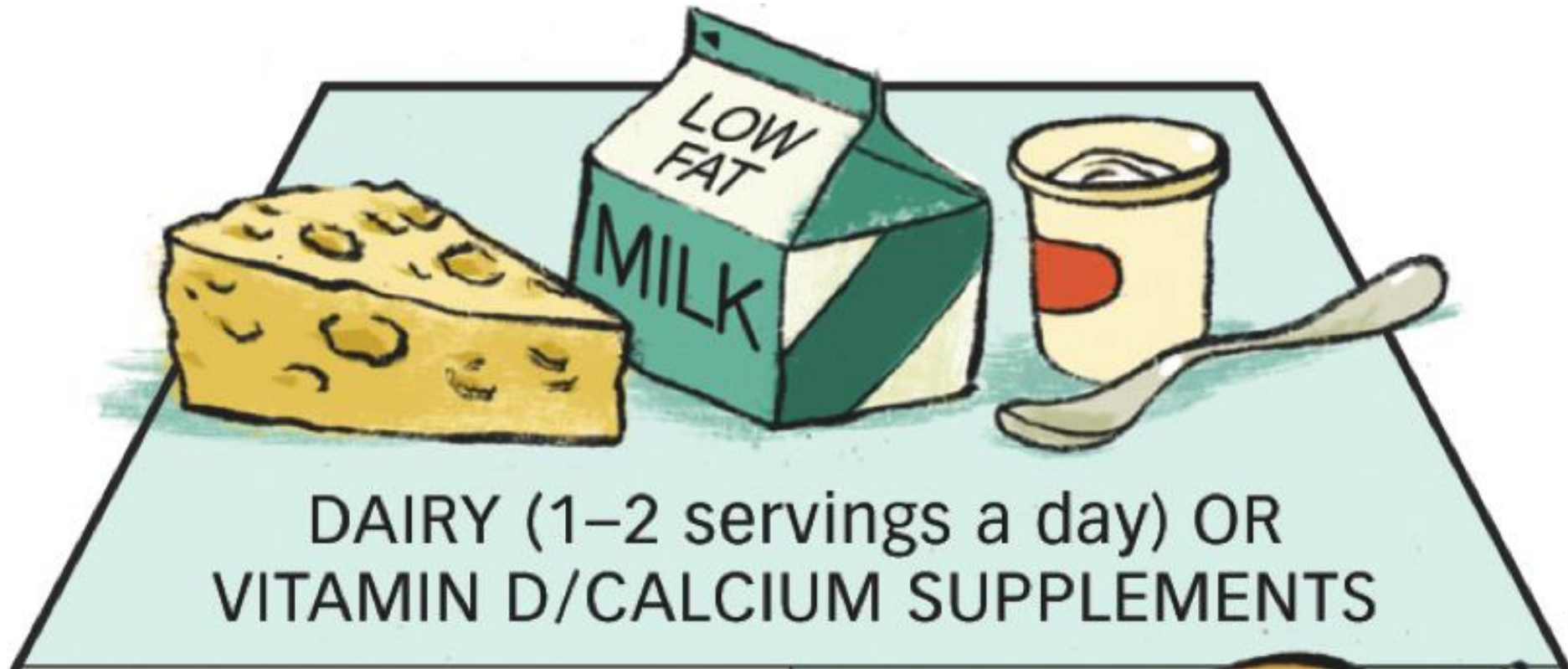
HEALTHY FATS/OILS:
OLIVE, CANOLA, SOY, CORN,
SUNFLOWER, PEANUT
& OTHER VEGETABLE OILS;
TRANS-FREE MARGARINE

WHOLE GRAINS:
BROWN RICE,
WHOLE WHEAT PASTA,
OATS, ETC.







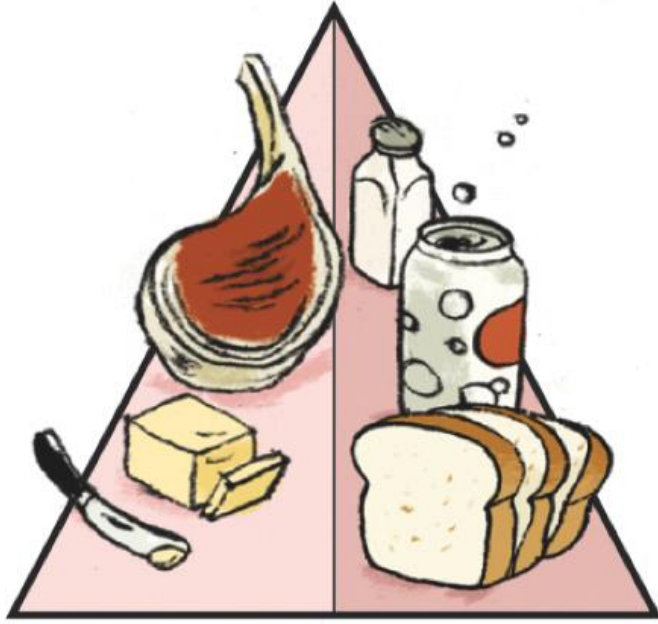


DAIRY (1-2 servings a day) OR
VITAMIN D/CALCIUM SUPPLEMENTS









USE SPARINGLY:

RED MEAT, PROCESSED MEAT & BUTTER

REFINED GRAINS: WHITE RICE, BREAD & PASTA

POTATOES

SUGARY DRINKS & SWEETS

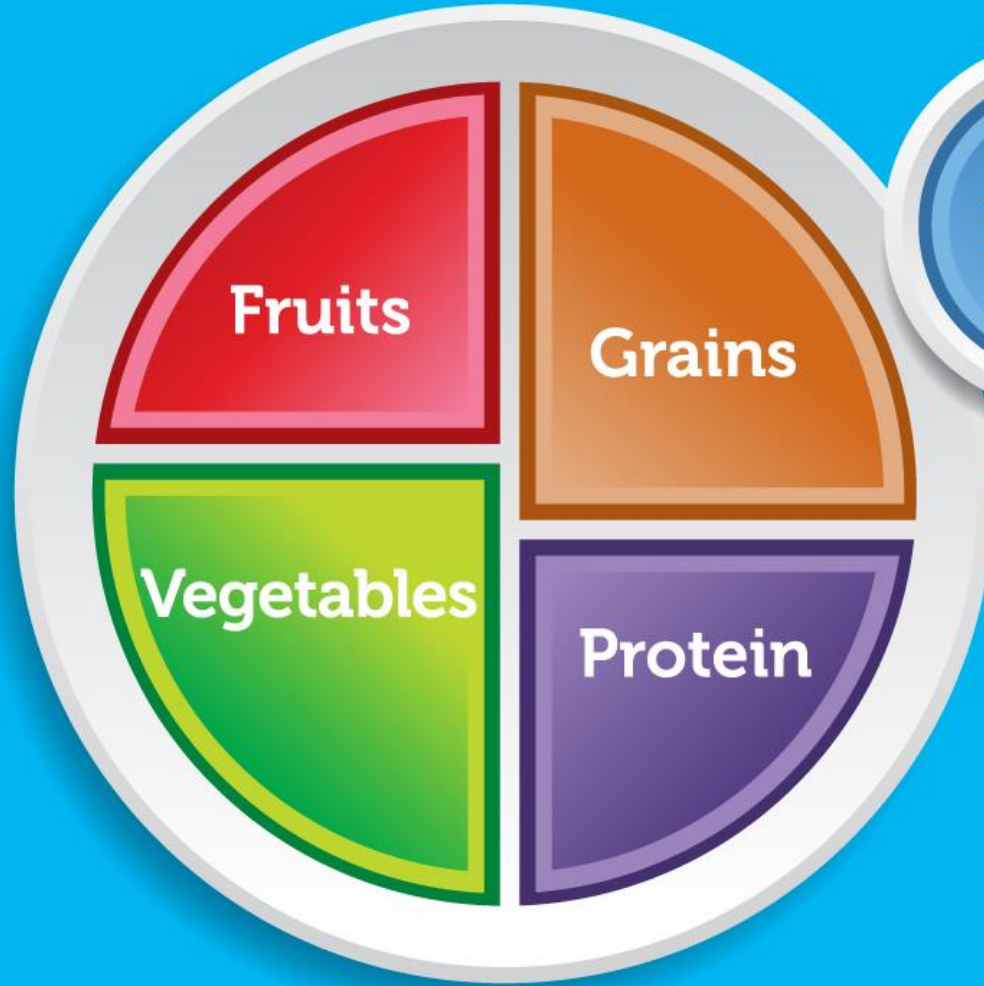
SALT











Choose**MyPlate**.gov

HEALTHY EATING PLATE

Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.



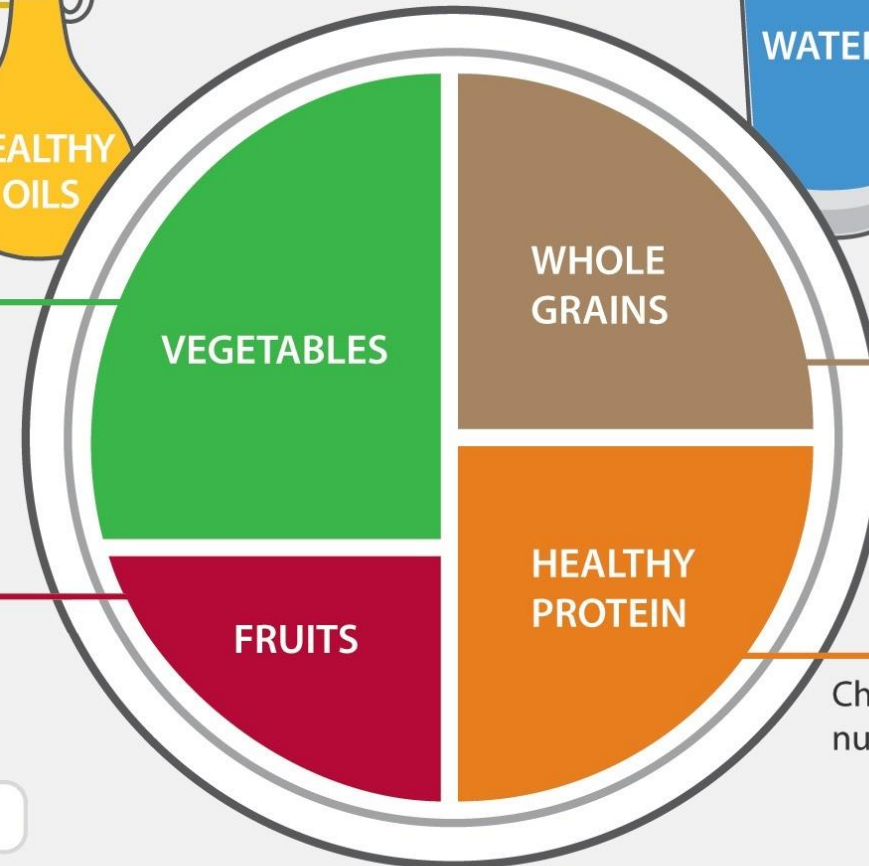
The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



STAY ACTIVE!

© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard T.H. Chan School of Public Health
The Nutrition Source
www.hsph.harvard.edu/nutritionsource

Harvard Medical School
Harvard Health Publications
www.health.harvard.edu





United States Department of Agriculture

10 tips

*Nutrition
Education Series*

enjoy your food, but eat less



10 tips to enjoying your meal

You can enjoy your meals while making small adjustments to the amounts of food on your plate.

Healthy meals start with more fruits, vegetables, grains, protein foods, and dairy. Drink and eat less sodium, saturated fat, and added sugars.

1 get to know the foods you eat

Use the **SuperTracker** to find out what kinds of foods and how much to eat and to get tips and support for making better food choices.

SuperTracker

2 take your time

Be mindful to eat slowly, enjoy the taste and textures, and pay attention to how you feel. Use hunger and fullness cues to recognize when to eat and when you've had enough.

6 choose to eat some foods more or less often

Choose more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. Cut back on foods high in solid fats, added sugars, and salt.

7 find out what you need

Get your personalized plan by using the **SuperTracker** to identify your food group targets. Compare the foods you eat to the foods you need to eat.

3 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

4 if you eat out, choose healthier options
Check and compare nutrition information about the foods you are eating. Preparing food at home makes it easier to control what is in your meals.

5 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.



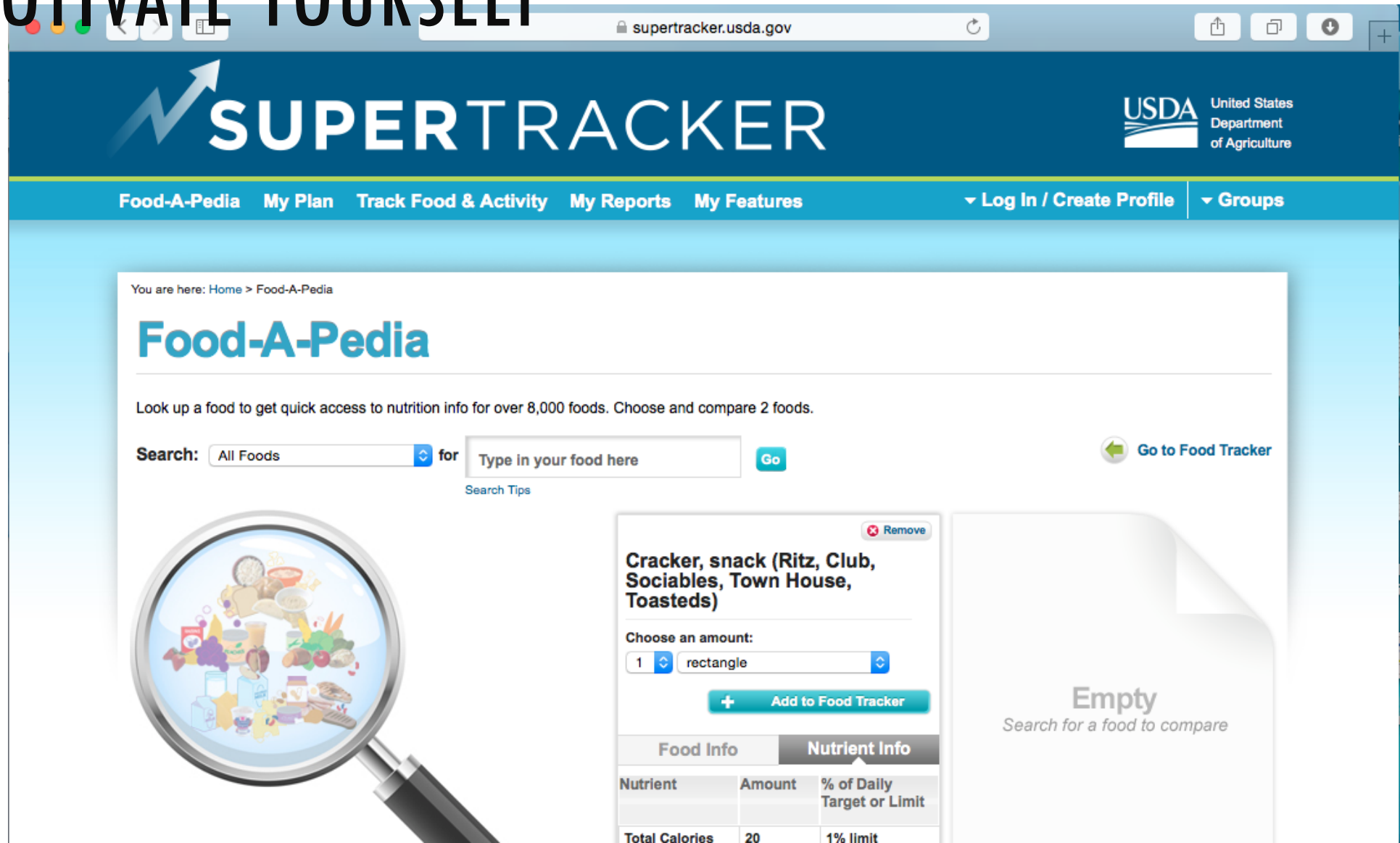
8 sip smarter
Drink water or other calorie-free beverages, 100% juice, or fat-free milk when you are thirsty. Soda and other sugar-sweetened beverages contain added sugar and are high in calories.



9 compare foods
Check out the **Food-A-Pedia** to look up and compare nutrition information for more than 8,000 foods.

10 make treats “treats,” not everyday foods
Treats are great once in a while. Just don’t make treat foods an everyday choice. Limit sweet treats to special occasions.

MOTIVATE YOURSELF



The screenshot shows the SuperTracker website interface. At the top, there's a blue header with the "SUPERTRACKER" logo and the USDA United States Department of Agriculture logo. Below the header is a navigation bar with links: "Food-A-Pedia", "My Plan", "Track Food & Activity", "My Reports", "My Features", "Log In / Create Profile", and "Groups".

The main content area is titled "Food-A-Pedia" and includes a sub-header "You are here: Home > Food-A-Pedia". Below this, a description states: "Look up a food to get quick access to nutrition info for over 8,000 foods. Choose and compare 2 foods."

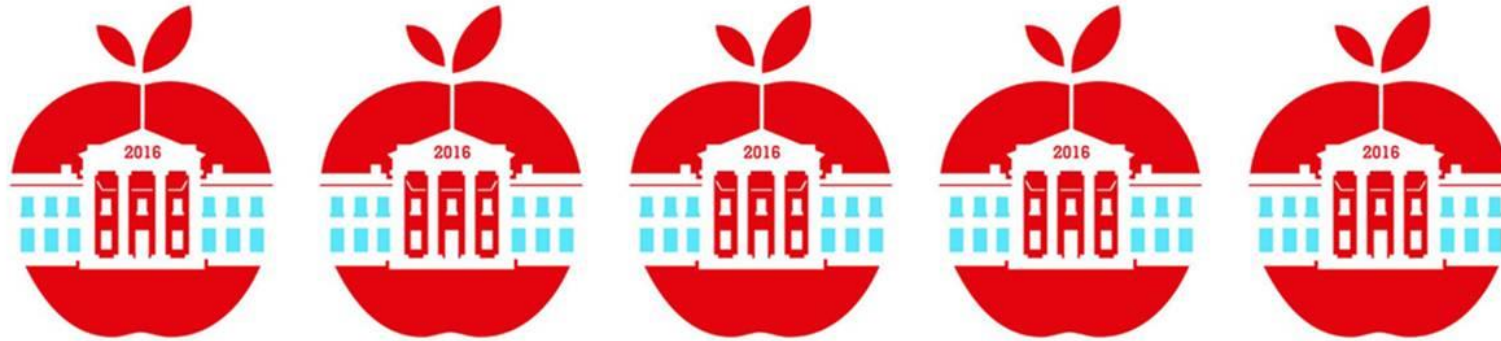
The search section features a "Search:" label, a dropdown menu set to "All Foods", a text input field with the placeholder "Type in your food here", and a "Go" button. A "Go to Food Tracker" button is also present.

Below the search bar, there's a magnifying glass icon over a collage of various food items. To the right, a detailed view of a food item is shown: "Cracker, snack (Ritz, Club, Sociables, Town House, Toasteds)". It includes a "Choose an amount:" section with a dropdown set to "1" and a unit selector set to "rectangle". An "Add to Food Tracker" button is located below this.

At the bottom, there's a table with two tabs: "Food Info" and "Nutrient Info". The "Nutrient Info" tab is active, showing a table with columns for "Nutrient", "Amount", and "% of Daily Target or Limit". The table contains one row: "Total Calories" with an amount of "20" and a limit of "1% limit".

On the right side of the page, there's a large, light blue area with the text "Empty" and "Search for a food to compare".

MOTIVATE ONE ANOTHER



healthy *lunchtime* challenge



FIND OUT MORE...

<http://www.choosemyplate.gov/ten-tips>

<http://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

EXERCISE

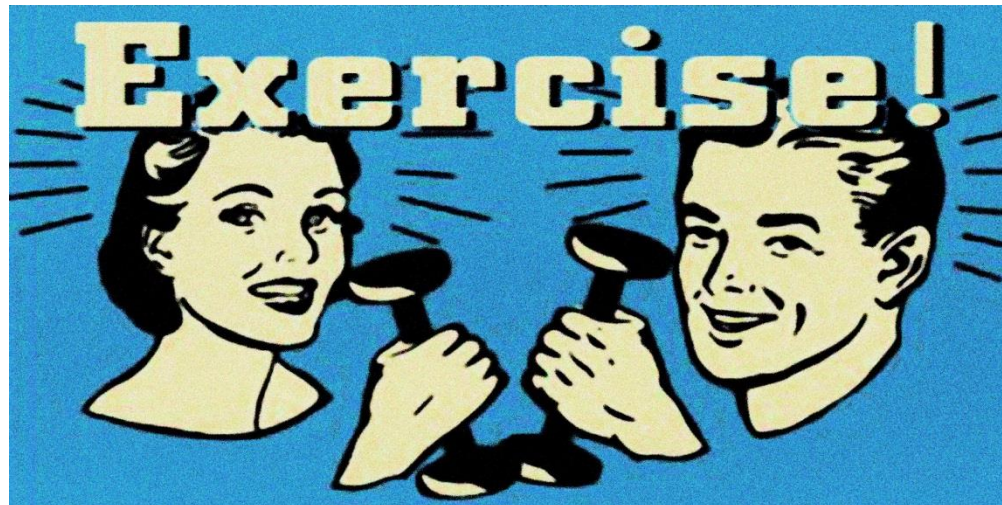
¿Cómo sacabas tiempo para ir al gym?

*El tiempo es limitado, sacrificaba horas de sueño para hacer ejercicio pero las 6 horas que dormía descansaba de verdad y me sentía llena de energía al levantarme. Cuando iba al gym me **concentraba** en lo que tenía que hacer, aprovechaba esas dos horas. Hacía multitasking, por ejemplo en lo que estaba la comida aprovechaba y estudiaba.*

EXERCISE

¿Cómo hacer ejercicios afectó tu estudios?

Me sentía súper bien sabiendo que estaba haciendo ejercicio, mi humor mejoró, mi autoestima mejoró, mi energía e impulso mejoraron los cuales utilizaba para estudiar.



EXERCISE

¿Qué te mantuvo motivada para continuar?

*Para no quitarme principalmente me molesta que un doctor gordito me diga que tengo que rebajar o comer bien! **No puedo promover salud si yo misma no hago nada por ser saludable en todos los aspectos.** - Carol Camacho, MS4*



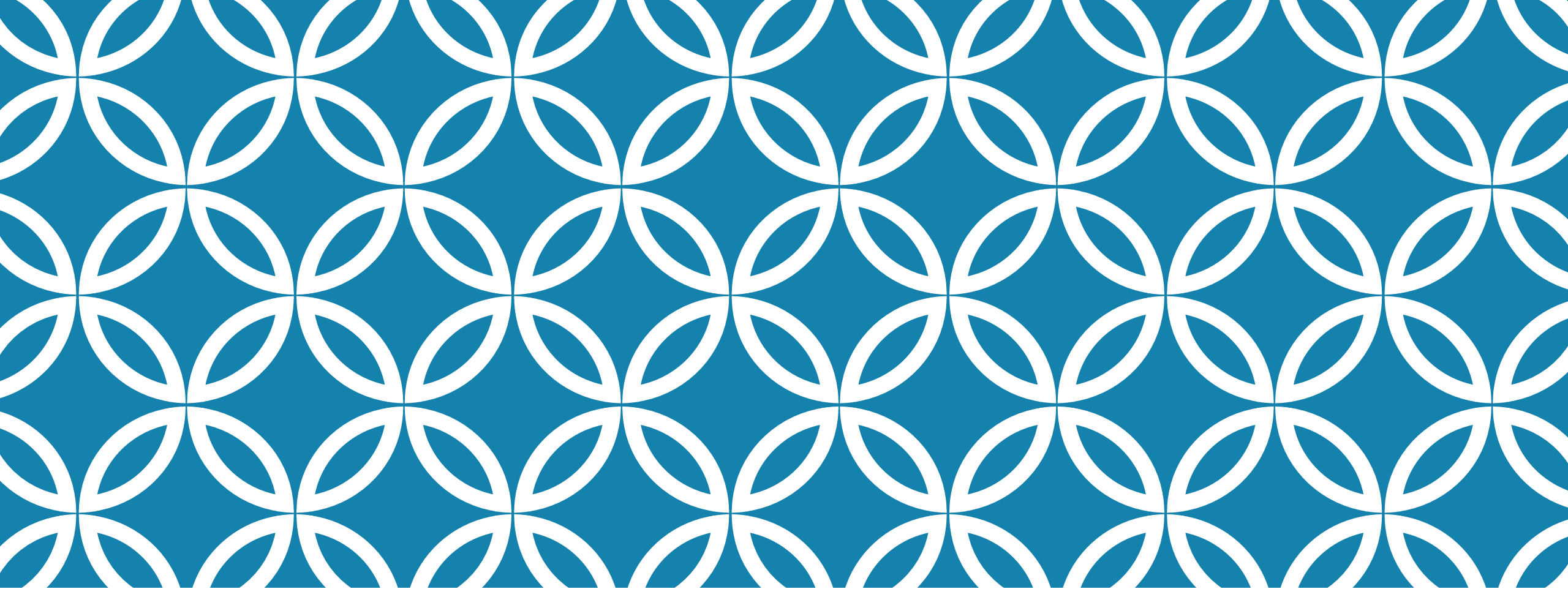
EXERCISE TIPS

Make a schedule!

Find a gym partner

Concentrate on your goals





THANK YOU!

