

# Counseling Center - Resiliency

Audio	Video
<p><b>[Dr. Cogburn]</b> Hi there. Second year medical students at LSU Health Sciences Center in Shreveport. All right. We're going to talk a little bit about resiliency. Tomorrow, we're going to be hosting a webinar at noon on resiliency, and other aspects of the dedicated period for Step. Sure hope you tune in. We're going to be sending you a link if you don't already have that.</p> <p>So, hope you join us tomorrow at noon. I know there was a lot of disappointment over the, some of the scores that you made on this second, basic science exam, and, I just thought I would address kind of the issues that are going on for most people. For one, we talked a little bit in that webinar last week about plateaus and how it's not a linear progression to learn something.</p> <p>And so, I know people feel stuck and they can't move forward. That's an issue. Students are disappointed in the scores they're making. And now it's- if you've been struggling, maybe you're a lot of self-doubt. So the first thing I want to address about resiliency is maybe the most important thing, and that is that you have to seek solutions.</p> <p>So resiliency is all about active, solutions seeking. It's about being active, not sitting back, not waiting on someone to realize you're having a problem. And so we want you to not feel helpless, to avoid feeling hopeless. If you don't have the answers that you need right now and you want answers, please reach out. Reach out to me.</p> <p>Reach out to Doctor Murphy, to Doctor Chandler. Let us - If we can't find the solution, let us figure out a way to get one for you. So the idea that you now just are beginning to be defeated, and you're sitting there and you're feeling helpless and hopeless, that's not going to work, for you or us. We want you to be successful.</p> <p>So by all means, please seek the solutions that you need. The second thing is, I know a lot of people are angry and frustrated a lot of the time about themselves, about, I should have done more. I could have studied harder. What's wrong with me? Is there something defective about me?</p>	<p>Older man wearing a beige cap over his gray hair. He has a gray beard and mustache, is wearing black frame glasses and a navy and gray plaid patterned shirt. (Doctor Cogburn) He is seated outside on a porch, in the corner of a brick wall and a doorway. You can hear birds singing in the background. The screen is vertical from a phone camera.</p>

<b>Audio</b>	<b>Video</b>
<p>And another active solution for those kind of thoughts is forgive yourself.</p> <p>It's- We all have issues of self-blame, and, but we all have to figure out ways to let things go, especially when when we're blaming ourselves. And nobody's perfect. And, if you blame yourself and you are accusing yourself of really having sort of generalized issues like I'm not smart or, I'm not ever going to be successful, then what we want you to do is take that anger toward yourself and let it go.</p> <p>And if you can find 2 or 3 things to forgive and let it go, you'll feel a lot better. So you've got five things that are really bugging you, and you let three of them go. I feel better by about 60%. So I know this sort of anger issue is where we sort of get down on ourselves is something that we have to pay attention to.</p> <p>Along with that goes shame and blame. Blame is like, I'm mad at somebody else, you know, maybe I'm studying and somebody is making a lot of noise next door. And so I didn't do very well. So I'm sort of feel like that, that noise, that denial aspect of coping is, in play versus shame. So if you blame somebody else and go, well, it was that that was the reason I didn't do well.</p> <p>That's one way of doing it. Shame is when I'm just driving down the road by myself and I'm like, Mark, you're an idiot. Mark, what's wrong with you? Mark? You're never going to amount to anything. Those are shame thoughts. Those are worse. Right? So, this whole idea of anger and blame and shame, if you're struggling with that, let us- come- let us talk to you about that.</p> <p>That's definitely something almost everybody struggles with. And I just feel like during this period you could be having an if you're alone a lot and you could be having a lot of this negative thinking. So please reach out to us for that. Figuring out ways to soothe yourself versus intensifying all the negative feelings that you're having. This is the old, you know, what are the things that work for me?</p> <p>Whenever somebody comes in, I always say, what are the things you've tried in the past that made you feel better? And then we we sort of rely on those things, and then we also present new things.</p>	<p>Doctor Cogburn on camera</p>

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<p>But if you have 2 or 3 things that have always worked, whether it's exercise, whether it's, you know, watching uhm, taking a break and watching a movie or you don't have any, you're just someone. I don't know how to soothe myself. Call us. Let us help you with that. Again, these are not, sophisticated, psychological issues that require, you know, five years of Freudian psychoanalysis. These are just things that you need to know how to do. Staying in the moment. So just taking it day by day, not worrying about my test in three weeks, not worrying about.</p> <p>I should have started studying three months ago. It's all about what am I going to do today? Am I going to get things accomplished today and stay in what we call stay in the present, the here and now? And don't let yourself get tempted into looking into the future where it's- if you look in the future, it's unclear, makes you feel anxious.</p> <p>It's uncertain. If you look in the past, and a lot of times we get sad because really, we regret that we did or did not do something in the past. So for step one prep, it's all about, today I'm going to do this. So I'm gonna focus on this today, then you wake up tomorrow and it's a new day every day to day to day. So that's one of the things we want you to focus on and not get into the past, in the future. And then the last thing is, and it seems kind of like an odd place to say this, but maybe a gratitude journal. I think a lot of times when you have experiencing the flood of emotions like some of you are experiencing, just because of the ups and downs of this whole dedicated step one process, reminding yourself that there are other things in your life that are working, and there are other parts of your life that are successful and things that you could be thankful for. It sounds some more like a silly sort of superficial exercise, but it actually is not. It's actually a deep way to process things in your life that make you feel better. If you have any questions, call us. This is Doctor Mark Cogburn, 6 7 6 5 0 0 2. You can email me and hope you, attend our webinar tomorrow at noon. Thank you.</p>	<p>Doctor Cogburn addressing camera</p>