

Counseling Center Inabnet-Coping_Skills

Audio	Video
<p>[Ann] Hello, I am Ann Inabnet, the newest member of the Student Mental Health Center team. I hope you have taken the time to watch and listen to Doctor Cogburn, Josh Hollis and Doctor McPherson's video in recent weeks, during the time of the dedicated preparation for the step one exam. They have provided you with awesome guidance about having peak performance on the day of the test, behavioral strategies as you prepare, and encouragement to do your very best. Today I'll be focusing on your establishing and maintaining coping skills that you can use in these final weeks, and perhaps to put in your toolbox to use in the future. The last several weeks have been your dedicated period for the preparation. The definition of dedicated is committed. Devoted. Steadfast. Single minded. Actually, these are words that describe you. You are entering the home stretch of this endurance race, and the end is in sight for this threshold of the marathon. The previous presenters mentioned the correlation between the dedicated study period and training for the big game, the Olympics, or a marathon. I've been an athlete for most of my life, but I am not a runner and definitely not a marathon runner.</p> <p>However, I do have a few clients and friends who have successfully completed marathons, and they were able to offer some ideas about the final stretch of training and the mindset that they try to establish before and during the run. Some of which I will share a little later. Let's talk a little bit about unsuccessful coping skills. Through this process, you may have been frustrated and even paralyzed at times. And what we do not want to do is to stay that way and do nothing. You do not want to sleep the worry and the days away, or abuse alcohol or drugs, or begin to believe that this task is impossible for you. You also do not want to believe that since you are in the top 25% in the class, you know everything and do not have to put forth much effort. Successful athletes have a game plan and good students do too. So let's talk about your game plan that hopefully you have had through this process.</p>	<p>Older woman with shoulder length hair wearing a blue button up shirt. She is sitting outside in a sunny yard with large trees and a bench swing in the far background. (Ann)</p>

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<p>One of the things the marathon runners all spoke about was remembering the why. Why am I training for a marathon? Why is this my dream? Why do I feel called to this profession of medical school?</p> <p>And then the next step in the game plan might be to remember the who. Remember who you are. You have proven yourself academically many times. You've accomplished and overcome many obstacles before, and you're very capable of succeeding. And you're so much more than this exam. Remember the what. You can study efficiently. You've done it before. You're able to accomplish things with the least amount of waste of time and effort, and you utilize well your energy and your work.</p> <p>And you know very well what has worked for you in the past. Remember the how. This is a full time job. This is on the job training. So clock in on time, feeling refreshed and ready and building ways to stay focused and calm and confident. Remember the where. Spread out your study time and a space identified that is comfortable and free of distractions. Just as Josh described a couple of weeks ago.</p> <p>Remember the when. We're going to stay on track with the plan, and hopefully you have through this process, and that will allow you to peak when the time is right, as Doctor Cogburn talked about in his talk. Finally, some coping skills that will help us to fill up and rest with our mind, body and spirit.</p> <p>You are a absorb, absorbing information and grow in your mind through this process, and the brain needs fuel to function at its peak. One of the things we can do is find solitude. Solitude is being alone in private, not with our telephone or our cell phone, which is always a distraction and puts noise in our life. But we want to find time to rest from the work and rest in the work we have done.</p> <p>This may involve meditation of some kind, reading, prayer, even yoga, that helps us with our breathing process. We want to manage our caffeine and sugary drink consumption. We want to eat well. We want to eat regularly. We want to hydrate regularly. And in order to optimize our academic performance, we have to maintain our sleep. And there's lots of ways to do that.</p> <p>Specifically, we can have a bedtime that's regular.</p>	Ann still outside

Audio	Video
<p>We can have less screen time before we go to bed. And it's, it's super important for this in order to maintain our brain's capacity. We need to be aware of our breathing, practice deep breathing throughout the day. A lot of people put an alarm on their phone to, remind them hourly to breathe.</p> <p>And that practice can help become more natural during the day. You're going to have a lot of feelings and a lot of thoughts through this process. You want to embrace those feelings and challenge those thoughts. Some nervousness is normal and will sharpen your focus. You may want to find ways to build humor and laughter into your day. If you have a friend that brings you joy, give them a call.</p> <p>Or maybe watch a, YouTube of a funny, with puppies or babies or something that just makes you laugh. You want to sound- Surround yourself with positive input. Be kind to yourself with your thoughts and avoid negativity and discouragement. I'm sure you can think of people in your life who, bring you discouragement or, negativity. Maybe it's a roommate.</p> <p>Maybe it's a neighbor or another student. You want to avoid those people in this time, and you may want to have an accountability person. As Doctor Cogburn mentioned last week in our panel on Friday, which you can listen to the on this Friday at noon. About having an accountability person who can help you stay on task. You want to schedule breaks in the routine with little things that fill you up during the day. It might mean listening to a song that you like. It may mean taking a walk outside. It may mean, doing some, physical exercise. And that is one thing you definitely want to do daily is to engage in physical exercise that you enjoy. It may mean stretching or just, going down the street and back. One of the main things the marathon, runners all mention was trusting the process.</p> <p>And words to yourself - that I have put in the work. I'm putting in the work and I will put in the work. Every question counts, just as every mile counts for the marathon. I have worked the study plan well. I've trained. I feel confident that I have done everything I can do. I'm doing well and will not give up.</p> <p>And if I hit a wall, I will rise up when I fall and keep going. I'm the only one who has the power and responsibility to pick myself up, and I have the courage at the end of the day to try again tomorrow.</p>	<p>Ann on camera</p>

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<p>I am making progress every day. I will fight for the finish, digging deep.</p> <p>The science test is coming up next week. Remember, this is for practice only, which is what you have been doing for many weeks already. So let's not let the outcome of this test determine your mindset of the final exam. Trust the knowledge you have and your intuition moving into the final stretch. And finally, as Doctor McPherson mentioned, keep your eye on the prize. You have persevered with preparation through this pandemic.</p> <p>You have what it takes to succeed. Enthusiasm is common and endurance is rare. And you will endure. Your resistance will lead to hope and enjoyment, and your reaction to adversity determines the outcome. See this as an opportunity, not an obstacle. This is a challenging time in your career and you're ready for the challenge.</p> <p>You are dedicated. You're committed, devoted, steadfast, and single minded. Trust the work you have done and develop and practice these coping skills.</p> <p>The Student Mental Health team is rooting for you during this dedicated period. If you find yourself stuck and need a boost, give us a call at 6 7 6 5 0 0 2. We are here to help you and succeed and you will.</p>	<p>Ann on camera</p>