



A Dose of Mindful Medicine:

Mindfulness and Self-Care as a Healthcare Student

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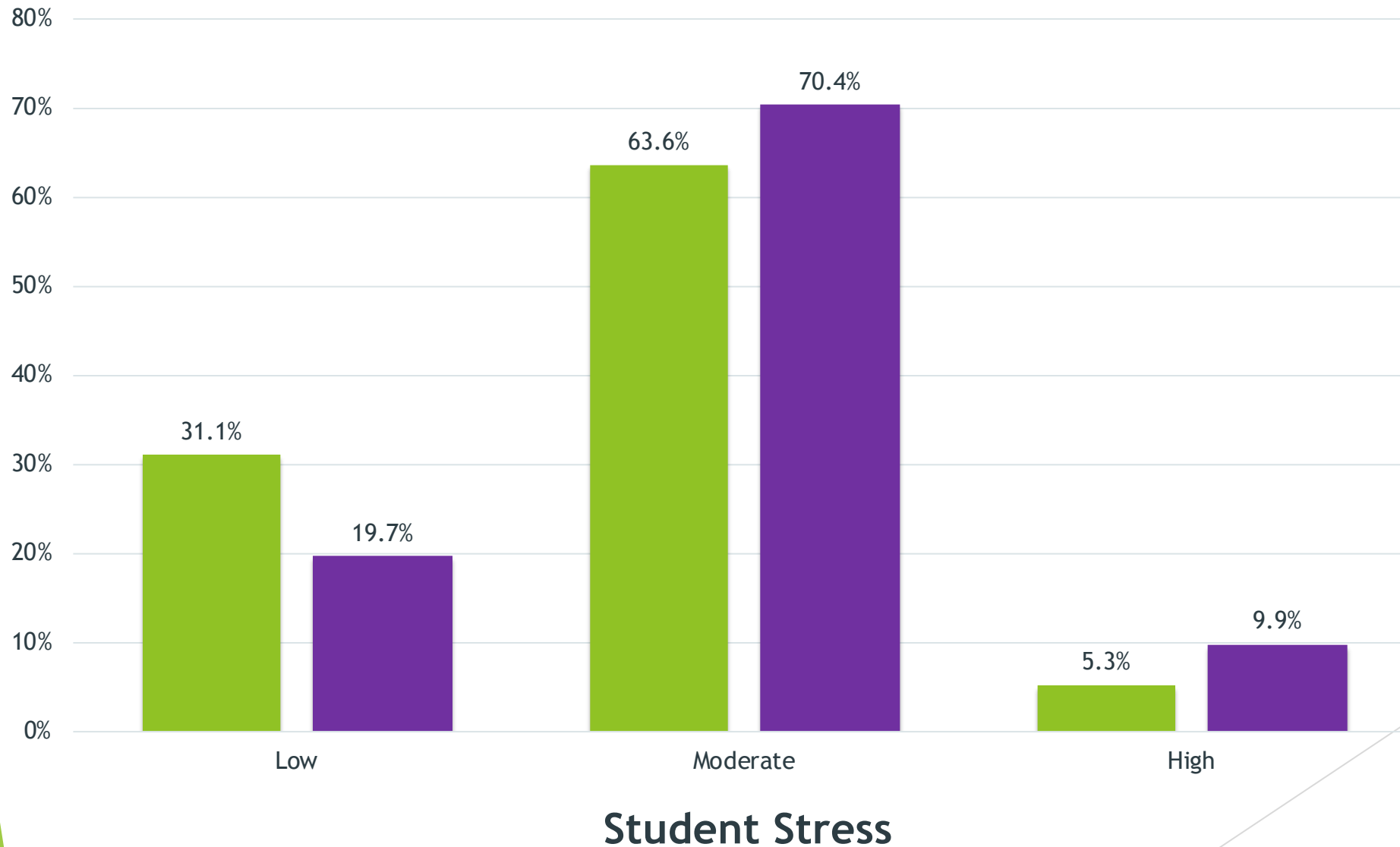


*Stressors are Constant.
Stress is Not.*


So why do we care...?

- **1 out of 6** college students are depressed
- **1 out of 3** college students are on mental health medications
- **400** physicians take their lives every year
- **82%** of nurses in healthcare systems are stressed

Still don't think those numbers apply to you?



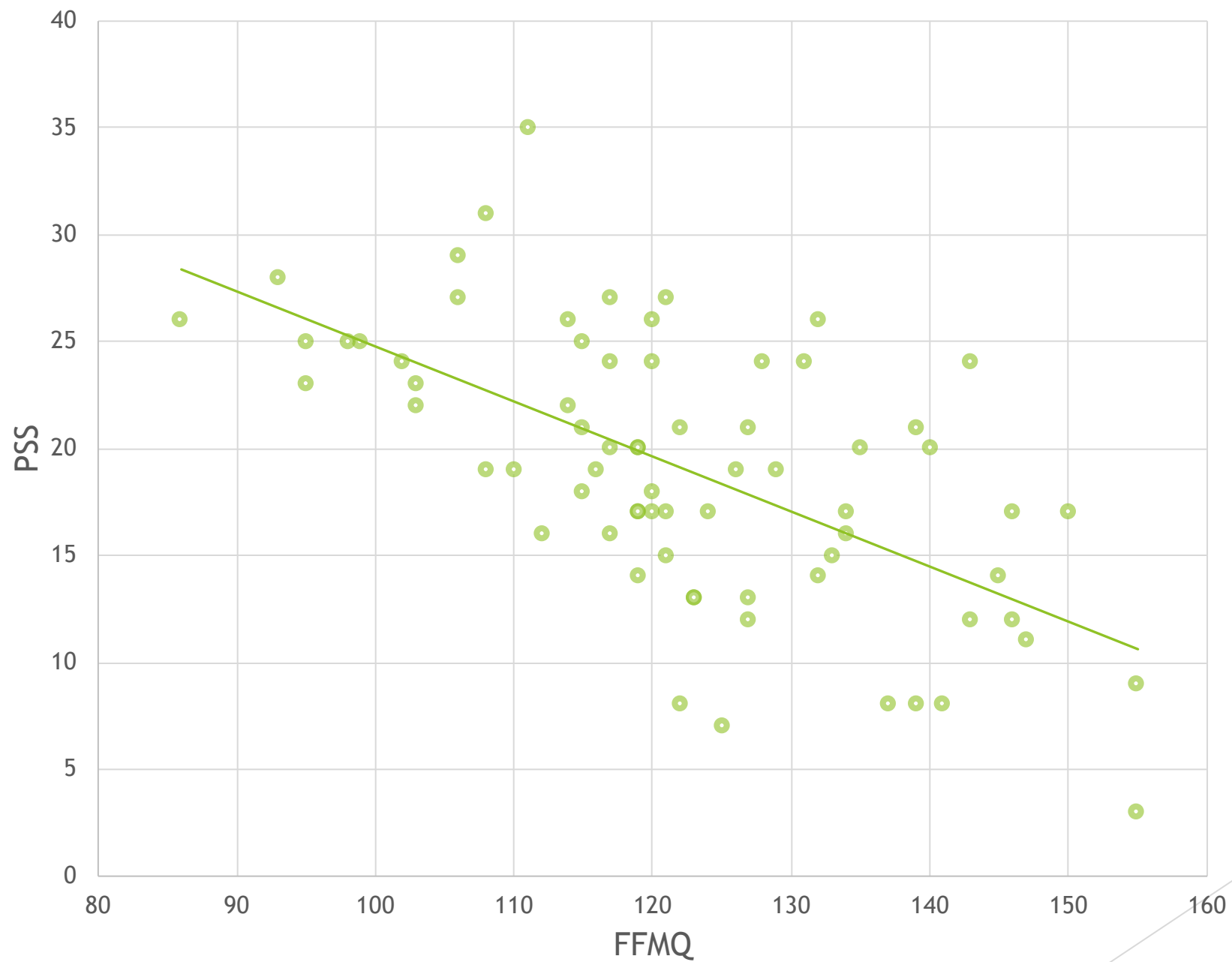
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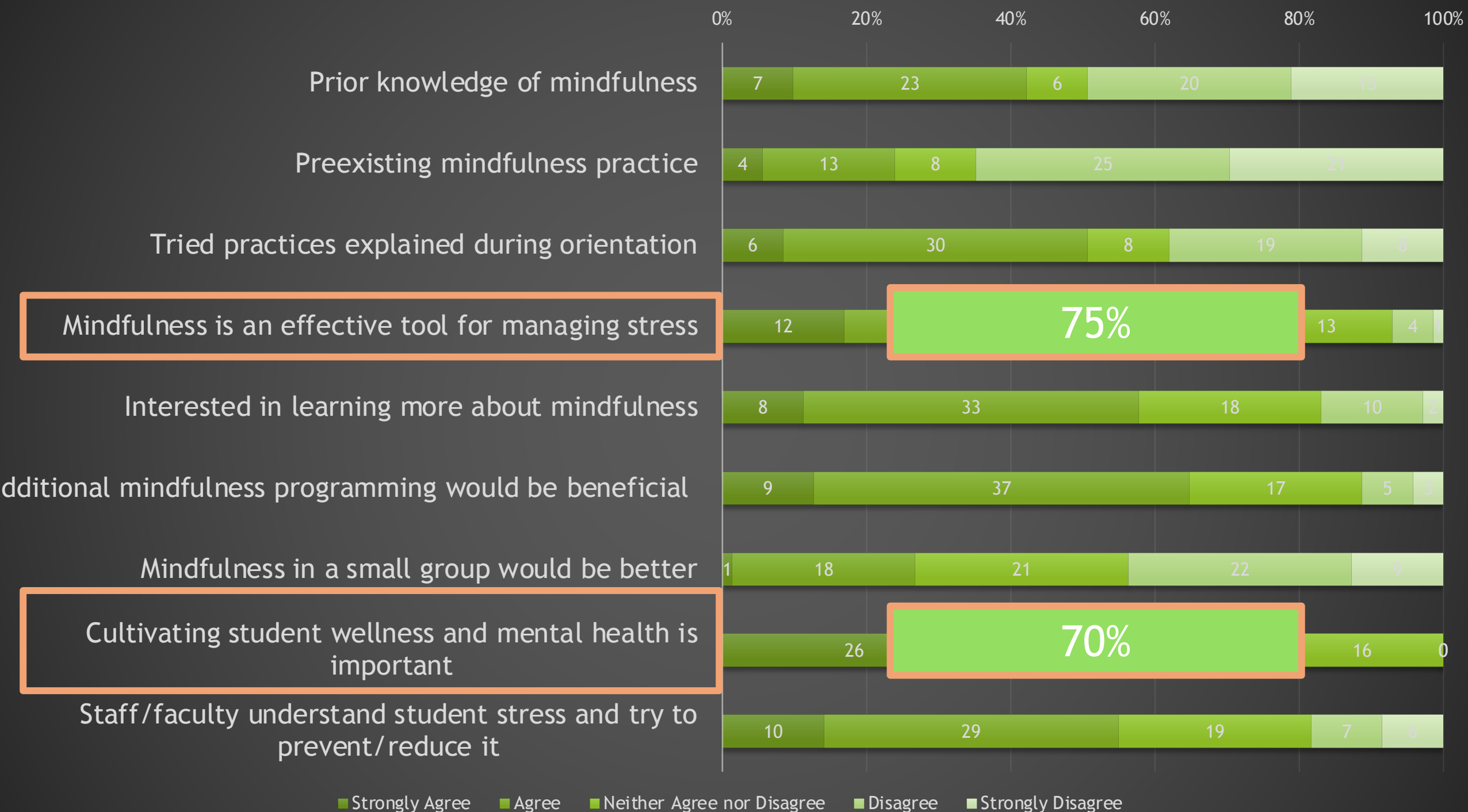
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Why Mindfulness?

- Improved test performance
- Decreased stress, anxiety, and depression
- Reduced burnout
- Fewer errors
- Greater patient satisfaction

Effect of mindfulness on perceived stress





MINDS of healthcare

Mindfulness in Newly Developing Students of Healthcare



- ▶ New interdisciplinary student org
- ▶ Aims to encourage practices of mindfulness
- ▶ Shift from burned out providers to the best possible clinicians
 - ▶ Happy Clinicians
 - ▶ Happy Patients
- ▶ *MINDS* is open to all students enrolled in the Health Colleges

Questions?

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“Mindfulness isn’t difficult,
we just need to remember
to do it.”

— Sharon Salzberg



 -PURPOSE

