



Managing Stress and Building Resilience: Medical Student Elective 2022-23

Azrieli Faculty of Medicine, Bar Ilan University

Introduction:

This elective will present a range of practical tools to help students manage stress and build resilience during medical school. The elective will consist of 6 workshops of 90 minutes duration. The workshops will be run in English.

Objectives:

1. The students will acquire knowledge and a range of tools to learn how to look after their own health and wellbeing as medical students and for their future life as physicians. Many of these tools can also be used with their patients going forwards.
2. They will acquire an understanding of how their own health and wellbeing can impact on the health and wellbeing of their patients going forward.
3. They will develop a personal self-care and lifestyle plan for their time in medical school.
4. The students will be introduced to Finding Meaning in Medicine discussion groups for ongoing mutual support.

Workshop Sessions:

1. Introduction and Overview of Medical Student Health and Wellbeing

Dr Evie Kemp

Thursday 17th November 2022 12.00-13.30

This workshop will introduce the elective and give an overview of medical student health and wellbeing. (The students will have already heard an introductory lecture from Dr Kemp on this topic in the Lifestyle Day/Population Health course in year 1)

The workshop will include:

- Introductions (using the "hello my name is campaign")
- Introduction to occupational medicine
- Exercise to look at medical student stressors and coping strategies in more detail

2. Cognitive Behaviour Therapy (CBT) Workshop

Dr Evie Kemp

Sunday 4th December 2022 10.30-12.00

The workshop follows the journey of a medical student suffering from stress due to a combination of work/study and personal factors. The workshop starts with a brief overview of CBT and explains the assessment tools and techniques used to help the medical student. As



each tool is introduced the case history is halted and the participants are shown how to use the tools and techniques for themselves. The tools include:

- 'Hot date' group exercise to understand principles of CBT
- Learning how to challenge negative thoughts exercise
- 4-7-8 breathing tool
- Balance wheel coaching exercise-paired discussion

3. Mindfulness and Yoga Workshop

Dr Violeta Levi

Sunday 29th January 2023 10.30-12.00

The workshop will include:

- Introduction to mindfulness
- Introduction to upper body yoga for computer users
- Ergonomic computer assessment

4. Behaviour Change Workshop – Physical Activity

Dr Violeta Levi

Sunday 12th February 2023 10.30-12.00

This workshop will introduce the stages of change model and will include:

- Introduction to behaviour change
- Stages of change model and exercise in pairs looking at their own physical activity
- SMART goal setting role play and exercise in pairs

5. Personality Assessment Workshop

Dr Evie Kemp

Sunday 19th March 2023 08.30-10.00

The students will need to fill in a questionnaire in English online prior to the workshop.

The workshop will help students to:

- Learn about themselves, understanding where they fit in a framework that describes personality differences in positive and constructive ways.
- Appreciate important differences between people and understand how different personality types can work together in a complementary way.
- Consider how this may affect their stress management and doctor patient relationships
- Work together as a supportive team of students



6. Motivational Interviewing and Creating Community

Dr Evie Kemp

Sunday 30th April 2023 10.30-12.00

The workshop will include introduction to motivational interviewing including

- Dietary habits screening tool looking at the student's food intake
- Starting the conversation exercise looking at healthy eating
- Introducing Finding Meaning in Medicine groups for ongoing mutual group support. See <http://www.rishiprograms.org/finding-meaning-discussion-groups/>

Lecturers:

Dr Evie Kemp

Dr Evie Kemp worked for many years as a consultant in occupational medicine at the Centre for Occupational Health and Wellbeing, Oxford University Hospitals NHS Foundation Trust. She has a particular interest in doctors' and medical students' health and wellbeing and is passionate about lifestyle medicine.

For the last few years she has been mainly living in Israel and working as an independent physician, university lecturer and trainer. She now combines running workshops for doctors, lecturing medical students and working as the Director of Medical Student Wellbeing at the Technion American Medical School in Haifa, Israel.

Dr Violeta Levi

Dr Violeta Levi is a medical doctor with a master's degree in Global Public Health, from the University of Haifa, Israel. Originally from Mexico, she has always been passionate about lifestyle medicine and wellbeing, she has 20 years of experience in Corporate Wellness being the founding director of Pulso Consciente one of the pioneer enterprises on this field in Mexico, she has vast experience designing corporate health and wellness programs for international corporations according to the special needs of her clients.

She has been living in Israel for the last 5 years, working as an independent corporate wellness consultant and as a Lecturer of Medical Student Wellbeing at the Technion American Medical School in Haifa, Israel.

Background reading material: (for interest only not compulsory)

1. Dennis Greenberger and Christine Padesky. Mind Over Mood, Second Edition: Change how you feel by changing the way that you think. The Guilford Press; Second edition (October 15, 2015)
2. Mark Williams and Danny Penman. Mindfulness: A Practical Guide to Finding Peace in a Frantic World. Piatkus Books; (May 1, 2011)
3. Rachel Naomi Remen, MD. Kitchen Table Wisdom. The Berkeley Publishing Group, Penguin, 2006.



Assessment:

1. Workshop participation-50%
2. Written assessment-50%

In the written paper the student will reflect on their current health and wellbeing with reference to the topics covered in this course, plus compile a bullet point personal self-care and lifestyle plan for the duration of medical school and beyond.

Please note the paper is **not** asking for details of any confidential personal medical information.

The paper will be around 2-3 pages in English or Hebrew with the following marking scheme:

TOPIC TO BE COVERED	Percentage grade
Challenges of medical student wellbeing-why is this so important?	10%
Your MBTI profile in general & in relation to managing stress	10%
CBT skills -especially challenging negative thoughts	10%
Stress management including mindfulness and yoga	10%
Ergonomic set up of your computer/workstation	10%
Physical activity (stages of change, SMART goals)	10%
Eating patterns (stages of change, SMART goals)	10%
Social support/creating community	10%
Conclusion: your personal bullet point health and wellbeing plan	20%

60% pass mark. Pass/Fail grade