



# CFMS LONGITUDINAL WELLNESS INITIATIVE

## WHO ARE WE

The CFMS Longitudinal Wellness Initiative (LWI), started in 2018, strives to highlight supportive strategies and resources to promote different components of wellness. We hope to inspire and encourage continued connectedness, support, and discussion around wellness in medicine.



## WHAT TO EXPECT

The aim of the bimonthly newsletter is to share some of the amazing initiatives and events being done across Canada by your hardworking and creative peers! For the first newsletter we want to revisit some of the highlighted school events hosted in 2018 alongside some useful resources.



### Read More

Interested in learning more about different diets and food trends? Want suggestions about making cheap and simple meals? In need for a new healthy recipe?

**VISIT OUR  
WEBSITE**

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# REVISITING LWI 2018

*BiMonthly Wellness  
Newsletter*

*By Brandon Lam, Neraj Manhas, Ryan Densmore, Huaying (Helen) Zhao*



## MARCO POLO

A unique Wifi-enabled app that allows you to send permanent video messages to your friends, either as one-to-one conversations or group messages.



## HEAVYWEIGHT

A podcast with an affable host, Jonathan Goldstein, trying to help people confront an event in their past that they are still dwelling on.



## LOVE IS LIKE A PLANT

A podcast in which each episode explores a question related to relationships, dating, sex, and/or heartbreak hosted by Ellen Huerta.

## REINVENTING THE CLASSIC PIZZA LUNCH: STONE SALADS

Dalhousie University

In 2018, Dalhousie University amped up the lunch nutrition by offering stone salads in their school lounge. Students signed up, with each person bringing a different ingredient. The end result was endless- with the combination of final ingredients personalized to each person's desire!



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## OUR STORIES: COMBATING MENTAL HEALTH STIGMA

University of Ottawa

Last year, uOttawa helped combat the stigma of mental health via the Our Stories event! An evening dedicated to having a judgment free open-mic night where students were invited to come and listen to the stories of their peers or tell their own! The aim was to de-stigmatize mental illness and get uOttawa medical students talking about their experiences. The event was closed to the public and only medical students were allowed to attend to ensure privacy and confidentiality.

Students had the opportunity to submit their stories in advance and read it themselves or submit it anonymously and have it read by peers. A pre-reading was held for the speakers the evening before to ensure that they all had a chance to share it with others before presenting in front of a large audience. The night of, during intermission, students were allowed to sign up and share. Overall, the event was extremely well attended.

## SPIN YOUR WAY TO A BRAIN BOOST

McGill University

At McGill University, Spin Bike Gardens (SBG) was created to improve physical wellbeing and mental health by facilitating the integration of exercise in the daily lives of students. Exercise spots were created within study and learning spaces throughout campus, such as at the medical school library, Osler Library.

These spaces offer the convenient opportunity to exercise during a study break or if there is some time in between classes. The silent spin bikes are surrounded by lots of plants and meditative art, which additionally makes it a very calm and soothing environment shown to be beneficial for mental health.

More information and locations can be found [here](#).



## Call for Submissions

The LWI is reaching out to all medical students to hear about their personal wellness journey and school initiatives/events. Let's spread the word across Canada!

[CLICK HERE](#)