# How's your wellness level today?

## Have you recently been able to:
- take a deep breath
- feel like you are reaching your potential or using your strengths
- be engaged in a hobby or physical activity
- connect with people you care about
- be in the moment and appreciate the “now”
- practice a relaxation technique, even for a moment

## Have you noticed any of the following:
- low energy/muscle tension/headaches
- procrastination
- low mood
- trouble sleeping
- avoiding others
- nervousness or irritability

## Things that enhance mental well-being

<table>
<thead>
<tr>
<th>Activity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eating well</td>
<td>Consider grocery delivery, meal prep once a week, make freezer meals for busy days.</td>
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<tr>
<td>Practice reflection</td>
<td>Connect with others and with yourself. Remind yourself why you do the work you do.</td>
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<tr>
<td>Practice gratitude</td>
<td>Identify one thing you’re grateful for every day.</td>
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<tr>
<td>Take a break</td>
<td>Give yourself permission to take a break, knowing that it’s going to make you more efficient later on.</td>
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<tr>
<td>Mindful moments</td>
<td>Build mindful moments into your every day activities, such as handwashing. Use your five senses.</td>
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<tr>
<td>Saying no</td>
<td>Set clear boundaries for yourself. Be realistic with your time and expectations.</td>
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<tr>
<td>Exercise</td>
<td>Make exercise work for you. Walk, run, or bike to work. Take the stairs over the elevator. Try out an online video.</td>
</tr>
</tbody>
</table>

## Want to talk about enhancing mental wellness?

### UBC Resident Peer-to-Peer Program
An informal and confidential peer support program where residents can get connected with another resident who has been through a common experience to share learnings and receive support.

Visit our directory to get familiar with your program’s Wellness Champion!

- postgrad.med.ubc.ca/resident-wellness/resources/the-resident-peer-to-peer-network/

### The Wellness Champions Network
Peer representatives from over 48 programs and sites who can comfortably have conversations about wellness and refer to resources as appropriate.

- postgrad.med.ubc.ca/resident-wellness/resources/wellness-champions/

UBC Resident Wellness Office | 1 855 675 3873 | postgrad.med.ubc.ca/resident-wellness