

Transition to Clerkship: Managing stress in a stressful environment

Student Services at Bannatyne Campus

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Confidential Intake and Case Workers



TRADITIONAL TERRITORIES ACKNOWLEDGEMENT

The University of Manitoba campuses are located on original lands of Anishinaabeg, Ininewuk, Anisininewuk, Dakota Oyate and Denesuline, and on the National Homeland of the Red River Métis.

We respect the Treaties that were made on these territories, we acknowledge the harms and mistakes of the past, and we dedicate ourselves to move forward in partnership with Indigenous communities in a spirit of Reconciliation and collaboration.

OVERVIEW

- SSBC REVIEW
- STRESS
- STRESS-MANAGEMENT:
 - *Internal Resources*
 - *External Resources*
 - *CBTm*



STUDENT SERVICES AT BANNATYNE CAMPUS



Administratively
separate and
distinct from all
academic
programs



Services are
private,
confidential,
and **free**



Provide personal
and academic
supports to
learners in the
Rady Faculty of
Health Sciences

NO WRONG DOOR



STUDENT SERVICES AT BANNATYNE CAMPUS



SERVICES & SUPPORTS NAVIGATION

INTERNATIONAL SERVICES

SPIRITUAL CARE & MULTI-FAITH SUPPORTS

STUDENT ACCESSIBILITY SERVICES

STUDENT ADVOCACY

HEALTH AND WELLNESS

SEXUAL VIOLENCE RESOURCE CENTRE

FINANCIAL AID & AWARDS

CAREER SERVICES

COUNSELLING

STUDENT MENTAL HEALTH SERVICES

ACADEMIC LEARNING CENTRE

CONFIDENTIAL INTAKE & CASE WORKER

STRESS



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ADDRESSING STRESS

Handling stress early on can help us to:



Feel energized & motivated



Feel innovative and generate new ideas



Feel more committed to your role



Improve morale and performance



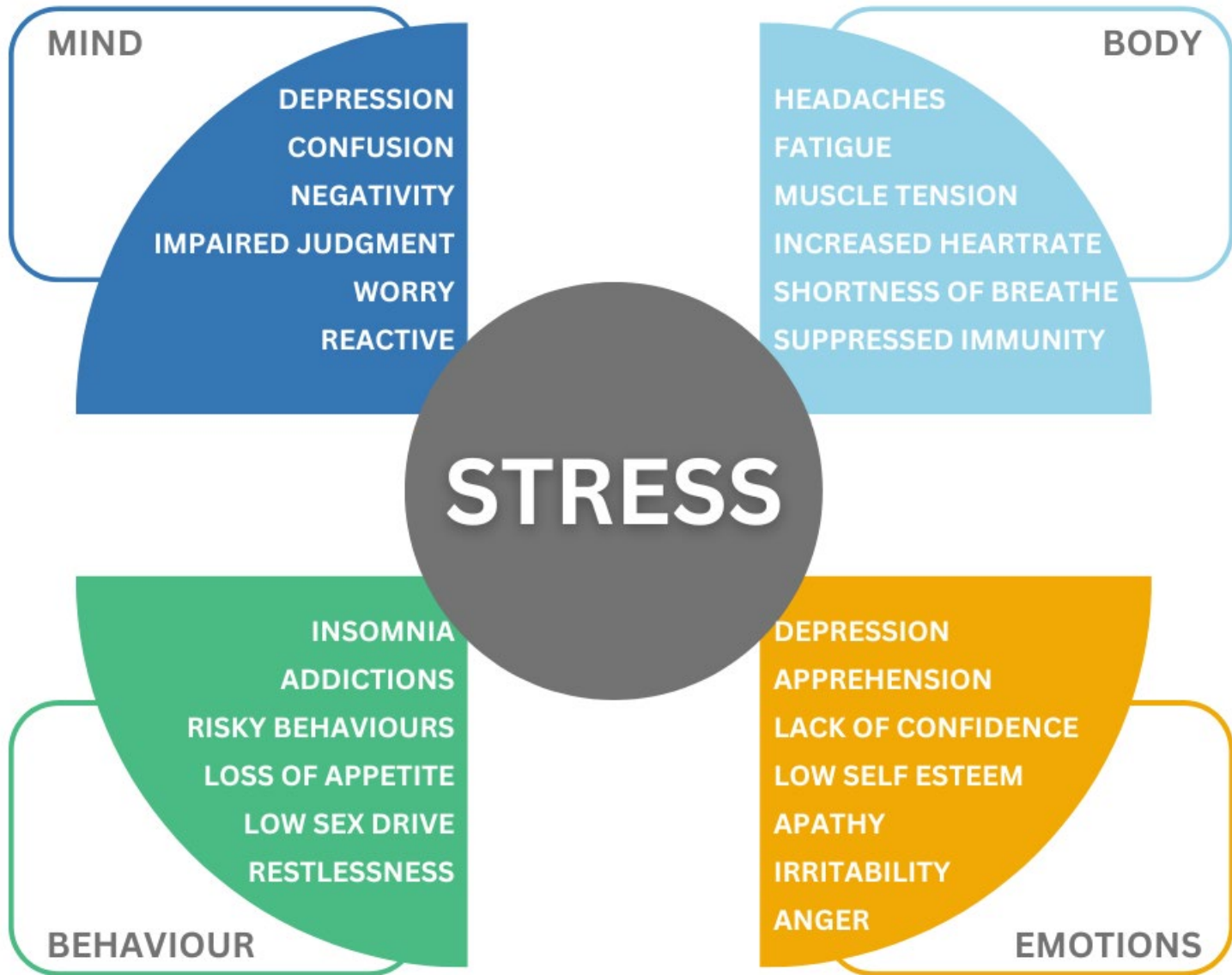
Improve relationships

PERSONAL REFLECTION

Thinking about your last year in the program, what helped you get through the challenges?

What do you find replenishing?

How do you know when you're doing well or when things are starting to slide?



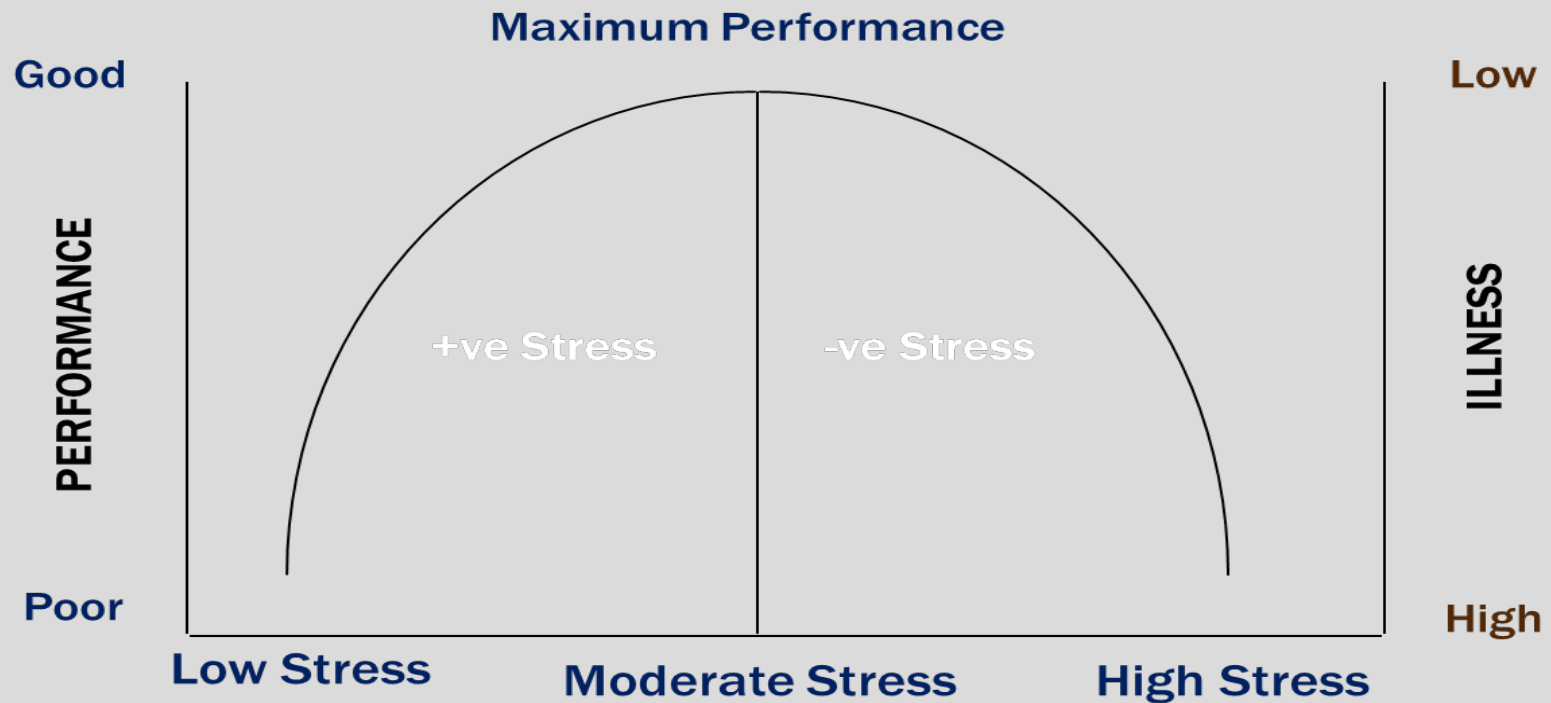
HOW WE EXPERIENCE STRESS

Relationship between Thoughts, Feelings, Actions and Physical Reactions



SOME STRESS CAN BE HELPFUL

The Yerkes-Dodson Curve:



MANAGING STRESS:

Internal and External Resources



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INTERNAL RESOURCES 1/3

How You Think: Self-talk or your internal dialogue

- **Avoid thinking traps** – ex. perfectionism, “should” statements
- **Identify thinking patterns & proactively reframe**
- **Scale circumstances (1 to 10) to support emotional regulation**

INTERNAL RESOURCES 2/3

What You Think About

- Thoughts influence emotions – **practice mindfulness orientation**
- Thought diversity - **biodiversity analogy of resilience**
- Self-compassion - **remind yourself that you are learning, try to think more about *what you are learning to do* than yourself in the role**

INTERNAL RESOURCES 3/3

Positive Perception of Self / Self-Compassion

- Separate your view of yourself from your identity as a medical learner
- Try to make self-statements like what you'd say to a friend
- Celebrate successes to reinforce progress - **redefine successes**
- Benchmark of your past self vs. other people
- Skills-development orientation vs. characterological orientation

EXTERNAL RESOURCES 1/3

Leisure Time

- **Use leisure time purposefully** – life is bigger than your program
- **Firm decisions about work and leisure time/activity** – try to take breaks guilt-free
- **Identify and focus on what replenishes your energy**

EXTERNAL RESOURCES 2/3

Social Support

- **Cultivate and utilize peer support**
- **Nurture and strengthen close relationships** – make time/energy for romantic relationships
- **Openly communicate about expectations, time, and commitments**

MAKING SPACE WHEN ENERGY IS LIMITED

Is there room to rearrange?

How do you find ways to invest in your relationships?

What is non-negotiable?

What fills your individual and relationship cup/tank?

EXTERNAL RESOURCES 3/3

Money

- **Expenditures as investments in productivity** – biggest financial risk is not completing the program
- **Remember time is important and limited**
- **Treat yourself along the way**
- **New “things” may be less important** – finding balance



ANALOGIES TO CONSIDER

- **Gas tank or bank account**
- Make investments count – carry you through when resources are scarce
- Don't run on empty

COGNITIVE BEHAVIOURAL THERAPY WORKSHOPS

- Skill-building
- 8 session series
- Offered multiple times per year
- Registration through Student Services at Bannatyne Campus



WORRIER POSE

Gemma CORRELL

CONTACT US

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