

Wellness & Student Life Action Committee

Learn Everything AMSA has for your Wellness

As medical students and future physicians, our duty is to take care of ourselves as well as we do for our patients. Learn about the programs and benefits AMSA has for your.

Programs	Member Benefits
<p><u>Integrative Medicine Scholars Program</u> You will learn about integrative medicine from experts and will be encouraged to facilitate personal use of self-care techniques based on what you are learning in this program.</p> <p><u>Humanistic Elective in Activism, Reflective Transformation, and Integrative Medicine (HEART-IM)</u> This program provides up to twenty-five (25) fourth-year medical students with a unique and rewarding way to conclude their medical school careers and prepare for their future work as healer-physicians. For more information click here</p> <p><u>Self-Awareness Assessment</u> Discuss your own personality, strengths, and challenges in an objective way. The cost of the AMSA Self-Awareness Assessment is \$60; registration includes the online assessment, a personalized report, and online video debrief for results interpretation. Register for the assessment here</p>	<p><u>Counseling Better Help</u> As an AMSA member, you have 28 days of unlimited professional online counseling. Pricing after 28 days ranges from \$40 to \$70 per week (billed monthly) Visit the BetterHelp dedicated AMSA page</p> <p><u>Sexual Health Adam & Eve</u> AMSA members get 50% off a single item plus free shipping with code: AMSA50. Visit adameve.com to take advantage of these savings.</p> <p><u>Do No Harm Film</u> <i>Do No Harm</i> brings to light the critical issue of physician and trainee burnout and suicide. We encourage AMSA members to support, watch, and talk about this film. See the discount here.</p> <p><u>Insurances</u> AMSA Health Insurance Marketplace This insurance marketplace has been designed to provide multi-level health benefits solutions for members and their families. These include health insurance, dental/vision insurances, long term disability, and pet insurance. You can visit the Insurance Marketplace here.</p> <p><u>Medical Malpractice Insurance</u> In partnership with AMSA, the Academic Group offers all AMSA members a preferred rate of 10% off standard policy pricing. Click here to learn more and to apply and pay online.</p>

Resources for your Wellness

Some traditional practices have been found to provide multiple benefits to our wellbeing and overall health. Learn how to apply them to your daily life in this list of resources we've collected for you.

YOGA	
Practicing Yoga can help reduce pain, anxiety and depression. Evidence reveals it can also positively impact brain health. Add this practice to your everyday life with the time you've got.	
<u>Breaks</u> Use them as breaks from studying, working, or stressful situations. In 15 minutes or less. Seated <i>Kripalu Center for Yoga and Health</i> with Jurian Hughes Stretch and Twist Neck and Shoulders Release Breathing and Relaxation Seated with Standing <i>Kripalu Center for Yoga and Health</i> with Jurian Hughes and Danny Arguetti Stand and get Invigorated Yoga Taps Yoga Mat Recommended <i>Hilaria Thomas</i> Glutes Thighs Hamstrings Arms <i>Angela Wilson</i> 15-Minute Yoga Sun Salutation Sun Salutation with Janna Delgado Sun Salutation for Homa Practice	<u>Classes</u> At least 30 minutes to 1 hour. Gentle <i>Kripalu Center for Yoga and Health</i> Gentle Class with Megha Nancy Buttenheim Moderate 30 minute Yoga with Angela Wilson Challenges <i>Yoga with Adriene</i> 30 Days of Yoga Home a 30 Day Yoga Journey

Breathing Practice

Breathing techniques have shown to reduce symptoms of stress, insomnia and increase alertness. Learn how to take a breath by clicking on these resources.

Videos

*Kripalu Center for Yoga and Health
with Larissa Hall Carlson*

[Nadi Shodhana: Purifying Breath](#)
[Dirgha Pranayama: Three-Part Breath](#)
[Yogic Time-Out: Counting Breath](#)

PDF

*University of Wisconsin Integrative
Medicine, Dept of Family Medicine*
[Belly Breathing](#)

Meditation

The art of meditation has proven to reduce anxiety, improve sleep, increase focus and self acceptance. Give it a try and you won't regret it.

PDF

Guided meditations

Amaravati Family Events
[Guided meditations](#)

Self compassion

Center for Mindfulness Studies
[Self Compassion and Mindfulness](#)

Mindfulness

*University of Wisconsin
School of Medicine and Public Health
Mindfulness Program*
[Six-point Body Scan](#)

Apps

Insight Timer

Over 45,000 free meditations are available.
You have the option to participate in paid
courses as well.

Download for IOS and Android.
[For more information click here](#)

Physician Support Line

Medical school can be a particularly challenging time. Physician Support Line offers free and confidential peer support to American physicians and medical students by creating a safe space to discuss immediate life stressors with volunteer psychiatrist colleagues who are uniquely trained in mental wellness and also have similar shared experiences of the profession.

For U.S. based Medical Students and Physicians.

(888) 409-0141

<https://www.physiciansupportline.com/>

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