



HOW TO THRIVE AND SURVIVE IN MEDICAL SCHOOL

Self-Care & Self-
Management

SELF-MANAGEMENT

Time management skills and learning strategies are great, but if you're not caring for yourself it will all be for nothing!

- ❑ Self-care practices: self-initiated activities that maintain and promote physical and emotional health and include healthy eating, sleeping, exercising and socializing behaviors (Moses, Bradley, & O'Callaghan, 2016, p. 347).

SELF-MANAGEMENT

During your time at medical school, you are more susceptible to experience psychological distress, and **during times of high stress, self-care, and other health behaviors tend to be practiced less often** (Moses et al., 2016, p. 347).

These authors did a study that explored different self-care practices:

- Physical exercise
- Food habits
- Social support seeking
- Sleep hygiene

SELF-MANAGEMENT

Social Support

- Social support is a strong predictor of psychological health
- This should be treated as a self-initiated behavior that can be encouraged, modelled and practices to promote and maintain well-being.

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Social Support

- It was found that individuals with lower levels of social support entering college may put males at a higher risk for weight gain due to stress eating.
- This does not mean that higher levels of social support will prevent eating in response to stress, but it does suggest that the individuals are less likely to gain weight because of stress eating.

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Sleep Hygiene & Healthy Food Habits

- “Thus, in addition to the well-known and more obvious effects of sleep hygiene and sensible eating on physical health, there is now accumulating evidence of positive effects of these self-care practices on mental health” (Moses et al., 2016, p. 355)

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Exercise

- While physical training and exercises can enhance well-being, the adoption of a high physical exercise lifestyle does not lead to greater well-being.

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What does this mean for you?

- Find a support system on campus and off campus
- Sleep well
- Eat healthy
- Exercise when you can

REFERENCES

Moses, J., Bradley, G. L., & O'Callaghan, F. V. (2016). When college students look after themselves: Self-care practices and well-being. *Journal of Student Affairs Research and Practice, 53*(3), 346-359.