

Welcome June- Summer is here is here and it is hot!

It is a bit quiet around campus after graduation, no first years yet and second years away on vacation. I have had more time to check in with our third year students to hear about their first rotation and all the “**firsts,**” we talked about at Transition to Clerkship- first birth, first morning report, first family meeting, and of course first patient death. I so appreciate students taking the time to share their experiences and process the emotional rollercoaster of third year. It is not a good idea to go undergrown with the challenges you might be facing. Odds are you are not alone and others can help you gain perspective and support.

Emotional rollercoasters are certainly not unique to third year and figuring out what techniques work best to keep you in balance is a key strategy whether you are studying for a test or navigating a clinical encounter. Some of us will rely on **cognitive strategies**- the self-talk that helps us stay in a balanced place in terms of how we perceive ourselves and our abilities. Don't forget that the Imposter Syndrome that can sneak in and interfere with our ability to believe in ourselves. It can be super useful to try and pause before reacting and check in with yourself and ask- “what is the most helpful way I can think about what just happened.” A difficult lesson for all of us is to recognize that often all that we can control is how we think about a situation.

Another strategy is **practicing gratitude**. I will admit I was a bit skeptical when this technique was presented to me, but after reading about the work on how practicing gratitude can influence both are physical and emotional health, I am sold! The influence on obtaining goals is also remarkable.

Actually , one of the key leaders in the research and writing on the benefits of practicing gratitude is here at UC Davis, Robert Emmons-check out this you tube-



<https://www.youtube.com/watch?v=RRrnfGf5aWE>

You can also listen to a lecture by Dr. Emmons that is on the School of Medicine Wellness webpage when Dr. Seritan brought him to out campus for the annual wellness lecture.

http://www.ucdmc.ucdavis.edu/mdprogram/student_wellness/wellness-lectures.html

And the gratitude techniques are quite doable-

1. Log three things each day you are grateful for- be specific and notice something new each day- and include the people in your world, not just the things
2. Keep a gratitude journal or log them into a notes page on your phone- it is cool to watch the list grow
3. Write each thing you are grateful for on a piece of paper and put them in a jar and you can pull them out to read especially when you need an emotional boost
4. Write a letter to someone to whom you are grateful

For all you cynics reading this- check out the data-

<http://emmons.faculty.ucdavis.edu/gratitude-and-well-being/>

If you can take a moment to watch this YouTube which in itself is a gratitude exercise and promotes well-being-

If you have time watch it all – though I tend to start at 3:50

<https://www.youtube.com/watch?v=gXDMoiEkyuQ>