

# Wellness Resources Recommended by Resident Physicians

## Listen to a Podcast

---

### Dare to Lead Podcast by Brene Brown

My favourite wellness podcast is the new Dare to Lead Podcast by Brene Brown. I have found her books to be incredibly inspiring and was so excited when she started this podcast in October! This podcast gives me an opportunity to listen to and reflect on her positive messages during my commute, on a walk, or doing work around the house.

### The Joe Rogan Experience

Joe Rogan: in particular his interviews with psychologists, scientists. Last few good ones were with Frank Von Hippel, an expert in ecotoxicology who spoke about pollution in our environment. Nancy Panza who has a PhD in psychology.

### Modern Love

My favourite podcast is Modern Love! Cute love stories that are unexpected

### The Nocturnists

The Nocturnists. Admittedly, it is about medicine more directly than it is about wellness - but I find that listening to folks' thoughtfully narrated accounts of their experiences in medicine helps me to process and find new perspectives on my own comparable experiences.

### Physician Wellness First by Dr. Kathy Stepien

I would definitely recommend a podcast available on Spotify called Physician Wellness First by Dr. Kathy Stepien, especially for resident physicians!

### Radio Headspace

My recommendation for a wellness resource is the Radio Headspace podcast. It is a free podcast that is less than 5 min each weekday morning that is aimed at reflecting on different aspects of life, helping calm external chatter and setting the mind up for the day. I usually play it right after my alarm goes off and it sets a nice intention for the day!

### Wonderful!

Hosted by a couple (Griffin and Rachel McElroy), it's about their favourite things in the world and is always uplifting! <https://maximumfun.org/podcasts/wonderful/>

## Read one of these books or blogs

---

"Atomic Habits" by James Clear <https://jamesclear.com/atomic-habits>

"The Art of Not Giving a F\*#k" - By Mark Manson

"Mindfulness: an eight-week plan for finding peace in a frantic world" by Mark Williams and Danny Penman.

<https://www.goodreads.com/book/show/11350120-mindfulness>

"Thinking, Fast and Slow" by Daniel Kahneman

"Untamed" by Glennon Doyle

"The Gifts of Imperfection" by Brené Brown

My favourite wellness book is anything by Brené Brown!

I follow [wellnessrounds.org](https://www.wellnessrounds.org) – a blog by a general surgeon that provides tips for physicians of all training levels, both academic but also social

"A New Earth" by Eckhart Tolle (book).

A phenomenal wellness resource that can shift your way of mentally perceiving life, its challenges, the things that make you the way you are, and gets to the root of the true "I" in me.

"I thought it was just me (but it isn't)" by Brené Brown

I recommend the book "I thought it was just me (but it isn't)" by Brené Brown for anyone experiencing "imposter syndrome" in medical school, residency and beyond.

"Staying Human During Residency Training: How to Survive and Thrive after Medical School" 6th ed by Allan D. Peterkin

I have really benefited from all of the tips in this book on how to maintain wellness and build resiliency in residency!

"The Book of Awesome" by Neil Pasricha

My go to wellness activity is to curl up with warm tea with "the book of awesome". It is a book that lists all the daily things that are awesome and are often glossed over in the daily rush of life. Little things are extremely important to happiness, and the book will remind you of that.

"Practicing wellness: Power of Now" by Eckhart Tolle

It's a great book to remind us to be present rather than worrying about the past/future.

## Follow these pages on Facebook or Instagram

---

My wellness resource is a variety of meme / Facebook group pages including:

**Disapproving Corgis**  
**Approving Corgis**  
**Subtle Medicine Traits**  
**Subtle Curry Traits**

They are a quick and easy way for a good laugh, always bring a smile to my face, and it's fun tagging my friends who I know will appreciate them as well.

## Watch a program on Youtube

---

**The School of Life** - <https://www.youtube.com/user/schooloflifechannel>

This is a channel that's meant to develop emotional intelligence. There are quite a number of useful videos for our everyday interactions, work-life balance, and even on relationships.

**The Enthusiastic Buddhist** - <https://www.youtube.com/user/EnthusiasticBuddhist>

This channel focuses on how some of the practices help with our daily lives. I am not Buddhist, but I find the channel quite helpful. The channel is meant to be secular, and only discusses religious aspects if someone is interested in certain videos.

**Jelle's Marble Runs** - <https://www.youtube.com/channel/UCYJdpnjuSWVOLgGT9flzL0g>

Jelle's marble runs on youtube - somehow we have all been missing this in our life. You're welcome!

**Jay Shetty Podcast** - [https://www.youtube.com/channel/UCbk\\_QsfaFZG6PdQeCvaYXJQ](https://www.youtube.com/channel/UCbk_QsfaFZG6PdQeCvaYXJQ)

My favourite wellness resource is a podcast by Jay Shetty

## Download these Apps

---

### **CALM**

My favourite wellness resources are the Calm and Headspace Apps. I listen to these when I have trouble falling asleep, and without fail the meditations help me drift off.

### **Insight Timer**

Insight Timer is a great (and free) app with tons of guided meditations and relaxing music to help ground yourself after a long day.

## Headspace

My wellness resource recommendation has to be the Headspace app for meditation. It provides the option to choose the duration that works best for you. There is a paid version of the app but even the free one has really awesome meditations! When im having a hard time falling asleep post-call, I can always rely on the sleep meditation to help me fall asleep. Setting up notifications on the app has been great as well-as a reminder to take a minute or 3 just to refocus, regroup and stay mindful!

## Waking Up by Sam Harris

My favourite wellness resource is the meditation app Waking Up by Sam Harris. It helps to keep me on track with daily guided meditations and there are various lessons on topics on and related to meditation.

## Balance: Meditation and sleep

I recommend the app "Balance: Meditation and sleep". It's a great app that works with you and your goals for improving your stress and sleep.

## Carrot Rewards

The new carrot rewards app is out. For those who haven't tried it previously, it's an app that connects to fitbit/apple fit/etc. and gives you points for being active. Also syncs with friends/colleagues to tackle step challenges together. Points can be exchanged for real-life prizes (although this new app's still kind of work in progress).

## AppBlock and StayFocusd

The apps AppBlock (Android) and StayFocusd (Chrome) which severely and helpfully limit my daily social media intake :)

## Gratitude: Journal and Reminders

There's a good app called Gratitude. Dr. Samantha Cheuk wrote a blog for PARA on Gratitude in 2019, check it out here <https://para-ab.ca/a-year-in-review-on-gratitude/>

# Practice a new activity

---

## Bullet Journaling

This is a great guide to start bullet journaling [The Ultimate Bullet Journal Guide For Beginners And Beyond](#). For a resident physician perspective Dr. Daniel Friedman wrote a blog on bullet journaling back in 2018 <https://para-ab.ca/going-for-the-goal-2/>

## A quiet room

This might sound cheesy but one of my favourite resources is a quiet room where I can spend 5 minutes paying attention to my own thoughts and body.

## Yoga with Adrienne

Yoga with Adrienne" - free videos you can do from home! Both the yoga practice itself, her positive energy, and puppy guest appearances help me reset. <https://www.youtube.com/c/yogawithadriene>

## Bouldering

My favourite well-being exercise these days is bouldering. I make it a point to make my way to a local bouldering gym every week for a quick expedition up a wall.

Bouldering is fun and easy to pick up. In any climbing gym, you will see kids, students, older adults, men and women of all shapes and sizes, all involved in the singular goal of reaching the top. It doesn't require immense physical strength or a particular body frame. And unlike rock climbing, with bouldering there's something very liberating about hopping from a rock to rock, unrestrained. It's also a very cerebral activity that requires strategic planning before the climb and during the climb, twisting my body this way or that, adapting with every grip, every rock in the process of figuring out the most ideal way to reach the top. When I'm climbing, there's a total silence in my head. I'm not thinking about the patients that I saw earlier that day, or the things that I have to get done later that night. During that brief minute or two, it's just me and the rocks.

There's nothing more invigorating than the feeling of accomplishment when I've fallen (safely) onto the crash pad right after having reached the final rock, that moment when I'm laying on my back and catching my breath, glowing with pride, becoming keenly aware of my surroundings, with my forearms sore and pumping with adrenaline.

This winter, snow will once again cover the city and my co-residents will inevitably head to the mountains for skiing and snowboarding. Me -- I'm sure I will be frequenting the bouldering gym for my weekly dose of wellness.