



The Wellness Wire

Herbert Wertheim College of Medicine

Issue 16, 24 Aug 2020

An initiative of the Faculty Assembly Steering Committee, the Office of Medical Student Support Services, the Fit & Well Committee, the Assistant Dean of Faculty Development, and the Division of Education and Faculty Development in the Department of Humanities, Health, and Society.

Greetings as we all learn to reframe our lives during these unprecedented times. Recognizing that figuring out how to work from home can be challenging, the Faculty Assembly Steering Committee has launched this initiative to provide resources for faculty and staff to foster our collective well-being.

Guest Editor: Winnyanne Kunkle, MBA

Powering On, by Slowing Down

How do we power on when we've slid off track and lost that often elusive momentum? Whether that's working on a health and wellness regimen, personal or professional goal, or to-do list? It can feel frustrating and disappointing when we recognize that we've lost the groove, at least for that moment. This issue highlights the power of efforts for powering on when you've faced a setback and need to build some resilience.

Cafecito Time

The ritualistic café run was as much part of our day when we were on campus as anything we had scheduled in our calendars. The walk to GC or the Green Library provided the opportunity to stretch our legs and get some fresh air into our lungs. It either served as a precursor to our morning and set us off to embrace the rest of the day or provided a reprieve for the long morning stretch and gave us that pick-me-up at noon to power us for the rest of the day.

We can adopt the same practice while in remote mode. Put on your earbuds and take your Zoom call for a

walk. Take five minutes to enjoy your home coffee or tea alfresco by walking out to the patio or sitting next to your garden. Adapt the "familiar routine" in your home that helped anchor your day.

Micro habits - "You are what you do every day."

Like so many, we've been thrown off our routine. It's likely that any one of us these days is ploughing through the day and on a Zoom sprint while scarfing down a sandwich. Let's say you have a goal on the horizon, but you keep missing the mark. Consider just showing up for some initial step. Instead of attempting that task in its totality—say that 20-min. workout or that long report that's coming due—consider just beginning the task. If it's working out, just sit on the bike, treadmill, or floor mat and listen to your workout music, even if for 2 minutes. If it's drafting a report, read what you last wrote instead of creating content. Maybe one draft sentence and come back to it. These micro efforts are still a win and can be filed in your success folder. It's the micro habits that we sustain that help build resilience and muscle memory for our deliberate actions and mindset. This Harvard Business Review [article](#) on micro habits outline five steps for getting started.

32 Degrees

Author James Clear in *Atomic Habits*, reminds his readers that ice cube melts when it hits 32 degrees Fahrenheit. The energy required to reach that melting point is just as important as that moment of "breakthrough." Trust the process. You don't always need to go for that victory lap. Just show up.

Don't forget about our interactive [Wellness Wall](#) as well.

