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wellness week
February 5 - 9

LOVE YOURSELF
Single? Taken? ...It's complicated? February is laden with indulgence and heart-shaped trinkets. And while shades of pink don't look good on everyone, self-care is always stylish. This month, take a minute to write yourself a prescription for radical self-care - that is, make self-care a priority, not just an occasional treat after you've tended to everyone else's needs.

Taking care of yourself can have swift and dramatic rewards. Addressing smaller needs as they arise can avoid irresponsible splurging, binge eating, or periods of depression. The key to radical self-care is to be in tune with your needs and respond creatively. Book a massage or run a hot bath if you're not sleeping well, buy a lemon to make your morning tea “gourmet,” or catch up with old friends. Self-care doesn't have to be expensive or time-consuming! Do yourself a favor, and order up “radical self-care qd.”

Houston Happenings

LIFE HACKS
Simple Self-Love for Med Students: Practice Self-Compassion
1. Be mindful of how you talk to yourself. When you find yourself saying something negative, replace it with something positive.
2. Gratitude! You can't be grateful and stressed at the same time, so start each day taking note of something for which you are grateful.
3. Learn to forgive, forget, and let go of mistakes.

MCGOVERN LISTENS
Dear McGovern Listens,
Everyone in my class seems to be married, engaged, or in a LTR except for me! I fall asleep with my First Aid and wake up cuddling my pillow every morning. Help!!

Dear Lonely Luke,
I hear you. Med school is hard, especially when you feel like you’re in it alone. There are a number of things you can do, like focusing on yourself or going on first dates, but my best advice to you is to find someone you can get close to non-romantically. This can be anyone as long you can be your genuine self with them - for me it was my roommate! Have patience; forming deep bonds takes time, but in the words of David Bowie, “The greatest thing you’ll ever learn is just to love and be loved in return.” Finding the right romantic partner will happen, give it time.