Dear McGovern Listens,

STEP studying is completely overwhelming. I am burnt out. Also, my anxiety from the importance of the test is making it hard to focus. Help!!

Dear Anxious Andy,

You are not alone; STEP stress does not escape anyone. Just like when training for a sporting event, if you work out every hour of the day, you will absolutely injure yourself. The same things goes for your brain. Give yourself an hour of "you" time a day to decompress, whether it is exercise, treating yourself to a show, or a good meal. Also, always remember if things get too hard to handle on your own, Student Health has someone you can talk to. Contact them at (713) 500-5171 for appointments. You have worked so hard, and this is your time to shine!

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MARCH MADNESS Isn't every month in medical school madness? Managing the chaos of academics, hobbies, family, friends, and the unexpected challenges life sprinkles in between can be daunting, exhausting, and downright discouraging. For this and many other reasons, the concept that finding "balance" in such chaos is desirable, let alone achievable, is largely being abandoned in the wellness community.

In basketball, March Madness is a month of chaos when college students across the country compete to win a national title and fans make bold predictions regarding the outcome. To be well and resilient, medical students can learn from this college basketball tradition - embrace the madness and the imbalance. Set goals. Practice. Then take a break. If you seek to excel in what you do, being well is key!

SPOTlight | Spring Break Destinations
1. Tourist in your Town: Get to know Houston from the eyes of a tourist. Places to go: NASA, The Zoo, Discovery Green, Karbach Brewery, Miller Outdoor Theater.
2. Quick trip to Galveston: Relax on the beach then hit up The Strand for unique shops and great seafood.
4. Look for discounted cruises all over the world here: https://www.cruisecheap.com/

Life Hacks
Picking the Perfect Bracket
[oDDS are 1 in 9.2 quintillion, you got this!]
1. Choose your favorite mascots
2. Pick the cutest/coolest jerseys
3. Flip a coin
4. Have a child/pet pick for you
5. Copy someone's bracket who you think knows basketball (or go opposite of them because no one knows what is going to happen)

*Stay posted for the McGovern bracket challenge group

Houston Happenings

MC40vern Listens

MS4 Advice
For those studying for Step 1: “Work as hard as you can knowing that it's temporary. Try to let off steam in healthy ways - I played basketball almost every day for the last month. Also lean on both fellow students going through the same thing and friends/family who have always supported you.”

Drew Bean, MS4 Ophthalmology

Brought to you by the McGovern Student Wellness & Resilience Committee
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