The Well is a monthly newsletter that serves to positively impact the well-being of the McGovern student community by highlighting a myriad of wellness-related content.

**MCGOVERN LISTENS**

Dear McGovern Listens,

I’m burnt out. So much to do… always; there’s always more that I could be doing. Why exactly am I doing this again? I just can’t today, and I don’t want to anymore. When can I stop? Or…is this just the way that it is??

Dear Burnt-out Ben,

Burnout is a consequence of perpetual emotional, mental, and/or physical exhaustion. We think, “Just for the next few days/weeks/months, I will give it all that I have.” And we do—we literally give everything. We sacrifice vital rituals, like sleep or exercise, and delay investing in meaningful relationships. Over time, this neglect becomes habit because accomplishing that goal is undoubtedly a high; but, like a sugar rush, that feeling of success is ephemeral. Becoming habit because accomplishing that goal is undoubtedly a high; but, like a sugar rush, that feeling of success is ephemeral. But, as you work for tomorrow, live for today! Apportion your energy so that each day feeds you and your goals. If you’re experiencing burnout now, take the time to feel what you need to feel. When you’re ready, let yourself be moved to action, and remember it can and will get better.

**SUMMER VIBES**

Whether your “summer” is technically 3 minutes, 3 days, or 3 months, there’s no denying that summer feeling permeates life. Even rainy days can’t bring down summer vibes~. No matter how much free time you have this summer, here are some tips to optimize summer’s rejuvenating atmosphere.

1. Ramp up your fruit intake! Add frozen fruit to water for an infused upgrade, or add fresh berries, plums, or your summer fruit of choice to a salad for a seasonal twist.
2. Get grilling! Summer is prime time for barbecue, one of the tastiest ways to eat veggies or lean proteins like chicken and fish. Invest in a tasty rub, and put a lemon on the side for added flavor.
3. Take your exercise routine outdoors! Be sure to throw on a hat, sunscreen, and sunglasses then enjoy the fresh-air mood boost.
4. Sleep well! To get the most of your summer days and nights, set a “turn down” alarm to cue a proper wind down.

Enjoy and savor your summer!

**LIFE HACKS**

**BEACH BODY ABS**

1. Diet is critical! Reduce intake of bad fats & sugar; increase lean meats & veggies.
2. Cardio is your friend and a great way to burn fat.
3. Sleep. Not getting enough sleep can slow down metabolism and lead to overeating.
4. Diversify your workout! Top-down (crunches), bottom-up (leg raises), side to side (Russian twists) and everything in between.

**MS4 ADVICE**

Do something! Don’t let this summer go by without having something to show for it. Find something you will enjoy and can add to your resume (Global health, preceptorship, research meaningful to you). The Med center is HUGE and you can literally do anything you want… don’t be close-minded and jump on whatever you can find… find something you enjoy so it doesn’t seem so much like work. You don’t want to start your 2nd year feeling burnt out and like you didn’t have any relaxation. By reading this newsletter you are already a step ahead of the game, but I also encourage you to speak with others who have come before you for more ideas.

~Brandon Esianor, MS4, ENT

Brought to you by the McGovern Student Wellness & Resilience Committee

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