Wellness Council  
MGH Institute of Health Professions

Agenda: October 21, 2022, 12:00 pm Meeting  
Minutes

**Present:** Savetrie Bachan, Luella Benn, Mike Boutin, Ronan Campbell, Christopher Clock, Dominique Couturier, Vanessa Desrochers, Olivia Giles, Jack Gormley, Jennifer Mackey, Jammy Millet, Katie Mulcahy, Kenya Palmer, Lisa Staffiere, Maya Strod, Jessica Upton, Sarah Welch

**Welcome and Opening Remarks, Quality Moments, good news to share**

Ronan Campbell noted OSAS Student Wellness Challenge taking place October 24-28 on Instagram. To kick it off, students are encouraged to stop by Building 39 on Monday, October 24 for a healthy snack.

Jack Gormley introduced and welcomed faculty member Kenya Palmer from the School of Nursing to the Wellness Council.

Luella Benn noted she and Meagan Sheffield met with Stop and Shop Tuesday morning October 18 to discuss potential partnership which would serve as a source of annual funding and distribution of food to the Community Pantry.

L. Benn reported Community Pantry 5K donations and success and offered Kudos to Katie Mulcahy, Vanessa Desrochers, and Chris Clock.

J. Gormley offered Kudos to Sarah Welch on the October 18 Ether Day celebration which serves as a great example of continuing to contribute wellness in the IHP community.

**Review of Minutes from July Meeting**

The draft minutes of September meeting were unanimously approved. Ronan Campbell will work to have these posted on the WC webpage.

**CSD GROW Pilot Project (Jenn Mackey)**

Jenn Mackey presented on the CSD Grow Pilot Project (see attached). Jenn is currently a student in the first cohort of the SLPD program (Speech-Language Pathology doctorate) and GROW is part of her Capstone Project focusing on student emotional health and resilience.

J. Mackey especially noted that this has received IRB approval and is starting the project with the year one CSD cohort.

How much students are being trained in wellness activities? Helping them look at preventing/recognizing compassion fatigue in their health professions.
Savetrie Bachan posed a question. Are we replicating items that have been proven to help? How were the modules designed?

J. Mackey sought out content experts and wanted to pursue activities that were accessible to everyone.

Kenya Palmer asked if this could be part of orientation similar to PPP for all students to complete.

Maya Strod commented that would be appreciated; however, would it be overwhelming to students and potentially lost in the week’s rush? There needs to be structured, ongoing and consistent offerings to students. Faculty having the ability to integrate this into important areas of their curriculum.

Dominique Couturier mentioned that she read Northeastern University recently gave students two days off to focus on Wellness and the reaction wasn’t what they hoped it would be.

Olivia Giles commented there being strength in vulnerability and encouraging students to know it's okay to not be okay.

Jammy Millet mentioned intersectionality and appreciates that it is included in the GROW project.

**Creation of Wellness Council Mission Statement (Jack Gormley)**

J. Gormley will follow up via email on the creation of a Mission Statement.

**Student and Subcommittee Interest: Social Media Recruitment Campaign (Luella Benn)**

Luella Benn shared PDFs that will be posted to social media created by Graduate Assistant Alexia Nachtigal to help recruit students to the WC and various subcommittees and will send them to council members.

**IHP Community Pantry 5K (Chris Clock and Katie Mulcahy)**

Chris Clock and Katie Mulcahy reported 83 participants(in person and virtual). Half of the sign-ups were students, and the highest number were from the Physical Therapy program. To date, over $900 in donations have been received.

C. Clock noted it was great to be on campus and running with students. Suggested that the 5K be held again next year and that there is an opportunity to grow this into an annual event.

Photos from the 5K are on IHP Instagram, and a Yardarm piece will follow.

K. Mulcahy suggested that this model of being paired with a professor can be built upon.
Other Subcommittee Updates – any/all subcommittees

- BIPOC, LGBTQ+ and FLI (Co-Chairs: Savetrie Bachan & Jammy Millet)
- Personal Growth & Exploration (Co-chairs: Luella Benn and Jessica Upton)
- Physical Health and Fitness (Chris Clock)
- Mental and Emotional Health (Steve Ciesielski and Maya Strod)
- Spiritual Health and Mindfulness (Lisa O’Brien)

Questions, Suggestions, Kudos, Reminders of Upcoming Events

J. Gormley noted that it’s great to see so many good things taking place within the council and across the IHP community.

The meeting was adjourned at 1:05 pm. Next meeting is November 14, 12:00 pm.

Ronan D. Campbell

Ronan D. Campbell

GROW SLIDES
• G=Gaining
• R=Resilience
• O=Optimal
• W=Wellness

Foundations of Emotional Health

Self-Care Practices

Counseling
Medication
Self Care Practices
Mindfulness-Meditation-Breathwork-Yoga-Journaling
Foundations of Health
NUTRITION-EXERCISE-SLEEP-LEISURE
Consider your foundations

Mindfulness Changes the Brain

INCREASES HAPPINESS
(KILINGSWORTH & GILBERT, 2010)

IMPROVES ATTENTION NETWORKS
(ICHDEL ET AL., 2011)

DIMinishES STRESS CENTERS
(ICHDEL ET AL., 2010)

proVIDES CHOICE IN OUR RESPONSES
(POZUELOS ET AL., 2019)

Mindfulness Myths

I can’t empty my mind
My mind wanders too much
I don’t have enough time
I don’t know how to do it
It’s only for other people
Let’s try it!

- [External Link](https://example.com/123/456)
- Sebene Selassie

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**Reframing Stress**

Stress is not what happens when bad things happen to us. It’s what happens when any challenging change shifts our sense of our identity or our relationship to the world around us in ways that are hard to handle.

(Sam Chase, RISE Program, Kripalu, 2021)

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**Reframing Resilience**

Resilience arises when systems are resourced and responsive

We can meet moments of stress and respond with skill

Support our individual needs AND work for system change

*Photo by [PhotoCredit](https://example.com/photos)*
3 “Cs” for Staying Centered

Clarity: work with the mind (mindfulness, attention, meditation)
Calm: work with the body (breath)
Connection: work with the heart

Photo by HelM Marten on Unsplash

Calm with Breath

Doorway to the nervous system

Mason et al., 2013: slow, deep breathing increases blood pressure regulation and parasympathetic tone
Arch & Craske, 2008: focused breathing reduces emotional intensity and increases tolerance during stressful encounters
Descilo et al., 2009: breath program reduced PTSD by 60% in tsunami survivors

Self-Compassion Break and Perfectionism
SLP Panel: How do you include self-care as part of your work and life?

Creating a Self-Care Plan

What wellness activities have you engaged in recently?
What was challenging (if anything)?
What else would you like to share?
Reflection and Share

Resources

Post to our Padlet:
https://padlet.com/jmackey9/q8yw097v90ixe0w9