

Resources for Medical Student Well-Being

The Office of Student Affairs firmly believes in the continued development of the whole person during medical school. Below are resources to support medical students in defining individual well-being, encourage self-reflection, provide connection to existing and develop foundational skills to enhance well-being as future physicians.

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Connecting to Mental Health Providers

Addressing mental health concerns or receiving care for mental illness is crucial to supporting medical student well-being. Access to four different mental healthcare referrals can be found on the Medical Student Well-Being website under [Mental Health Resources](#).



Monthly Lunch & Learns

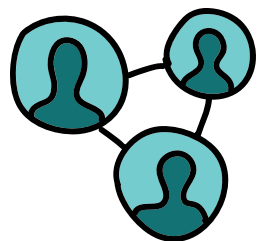
Tips for Cognitive Endurance with Dr. LaLima, hosted by the Office of Student Affairs in partnership with Northwell's Behavioral Health College Partnership, are informal monthly sessions to proactively address well-being and build cognitive endurance during medical school.

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Student Support Offices

Well-being stretches across several aspects of an individual's life and the medical school has resources available to students, such as [career advisement](#), [student finance](#), [academic success](#), [diversity, equity & inclusion](#), [student records](#) and [more](#).



Meditation, Mindfulness & Spirituality

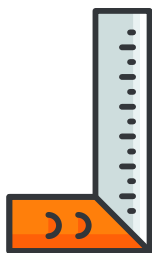
Medical students are offered a [free subscription](#) to Headspace, a meditation and mindfulness app during their time as a student. Students are encouraged to explore faith & spirituality through the Prayer & Reflection space in the Student Lounge, [Hofstra's Interfaith Center](#) and [Northwell's Chaplaincy Services](#).

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Student Council Events

Student Council and the 90+ student organizations host events that encompass every dimension of medical student well-being. Whether it be joining the running club for a race or taking part in the Pride Parade with OutMed, there are endless opportunities for meaningful engagement.



Measuring Individual Well-Being

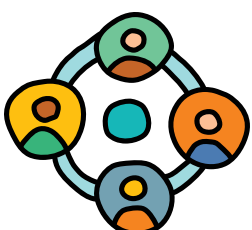
Measuring well-being on a regular basis is helpful to assess what works best for each individual, as well-being looks different for everyone. Medical students have access to the [Well-Being Index for Medical Students](#) and the AMA Steps Forward program to assess on a regular basis.

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Physical Well-Being

Whether it is accessing Hofstra's [Fitness Center](#) to take a class or walk the track, utilizing the [Pride Pantry](#) to address food insecurity or browsing the [ZSOM Outdoor Guide](#) for local trails, physical well-being resources are plentiful at the medical school.



Wellness Days

Dedicated wellness days are available as an option within the [FOW](#) and [SOW](#) Attendance Policies as a way to proactively plan for health appointments, obligations with loved ones, conferences and more. Planning these days and practicing this skill allows for professional growth and well-being.

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