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November, 2019

# INTIMATE RELATIONSHIPS IN RESIDENCY

## WELCOME MESSAGE

Dear Residents, Fellows, and Faculty,

Given this context, you may wonder: **How can one navigate the demands of training, while** **Ugc`Y`d]b[ `cbYf`fY`Uh]cbg\]d`Zci f]g\3** If you are posing yourself this question, we would

to counselling at The WELL Office are actually seeking help with relationship problems.

Sustaining meaningful relationships is a life-long journey that starts with an intention to improving cbYf`fY`Uh]cbg\]dg`k ]h`U`cj ]b[ `UbX`UWVdh]b[ ` attitude towUfXg`cbYgY`ZUbX`cbYf`dUfbYf`

Relationships are complex and involve a combination of self-awareness, love, boundaries, and commitment, amongst other things, to make them work. It is important to become aware of the key

ingredients that can help your relationship thrive.

In this issue, you will find a **ZY`ck f]dYfgcbU`ghcfm** of navigating the ups and downs of dating while in residency. While we originally aimed to include personal stories from McGill



## Learners' Art Exhibition at The WELL Office- Spring 2020!

We are calling for art submissions!

Healthcare professionals and students from different programs and provide them with an opportunity to display and share the power of art to the community. Creative arts are a powerful way to address the diverse emotions and ability to deal with the diverse emotions associated with an education and career in the Health Professions.

For submission form and more information click [here](#)

DEADLINE to submit:

December 20th, 2019

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### Dating During Residency

Podcast: Married to Doctors643 0.153 rg58.56 267.65 495.1 EMC /P £M-6(ctreW\* ni



## ACADEMIC PAPERS

Law, M., Lam, M., Wu, D., Veinot, P., & Mylopoulos, M. (2017). Changes in personal relationships during residency and their effects on resident wellness: A qualitative study. *Academic Medicine: Journal of the Association of American Medical Colleges*, *92*(11), 1601-1606.

doi:10.1097/ACM.0000000000001711

[VIEW ABSTRACT AND ARTICLE](#)

Wang, F., & Myers, J. (2018). Strategies for residency programs to enhance personal relationships and prevent resident burnout. *Academic Medicine: Journal of the Association of American Medical Colleges*, *93*(2), 151-152. doi:10.1097/ACM.0000000000002030

[VIEW ABSTRACT AND ARTICLE](#)

Wang, Y., Hsu, K., Chang, C., & Wu, C. (2012). Interrelationships between romance, life quality, and medical training of female residents. *Journal of the Chinese Medical Association*, *75*(8), 402-8. doi:10.1016/j.jcma.2012.06.009

[VIEW ABSTRACT AND ARTICLE](#)

## THRIVE QUIZ

Compassionate Love Quiz

[QUIZ](#)

## WELLNESS HUB

you can complement your partner, write them a cute note, get them their favorite dessert, and thank your partner for their efforts. These actions can seem small, but communicate very much and can serve as a powerful way to keep relationships alive and well. For some ideas click this [link!](#)

2. When you are spending time with your partner, try to be **fully present** and disconnect from work. You can mindfully set this intention before meeting with your partner. Become fully immersed in the moment by listening attentively, asking questions, responding with curiosity and interest, and communicating with openness. You can also show feelings of appreciation by taking turns in activities so that both partners can have their needs recognized and met. For more



## Podcasts

The WELL Office podcast.



## Relationships Are Hard, But Why?

Relationships are hard. But what if it's not you or them or sex, money or even who picks up the

2. The Medical Marriage: Sustaining Healthy Relationships for Physicians and their Families. Wayne M. Sotile & Mary O. Sotile
3. Love Sense: The Revolutionary New Science of Romantic Relationships. Sue Johnson

## THE WELL OFFICE SERVICES

### PERSONAL WELLNESS SUPPORT



## Wellness Curriculum

[Workshops](#) are facilitated by Dr. Chamodraka and Camila Velez and are tailored to meet the unique needs of medical learners and address specific CanMEDS competencies. Workshops are offered upon request by residency programs and are given at the residency site during protected teaching time. Programs can request workshops by via our [PGME Session Request Form](#).



## Other Wellness Activities

[The WELL Office](#) collaborates with wellness professionals and is happy to organize upon request wellness activities for residents, including yoga, mindfulness, art therapy and pet therapy. We are also open to new ideas and suggestions!



## Ice cream Rounds

[Ice Cream Rounds](#) is a site-specific peer support group intended as a confidential forum for residents to discuss the unique challenges of residency.

To initiate ice cream rounds in your program, please submit a [PGME Session Request Form](#).

## WE WANT TO HEAR FROM YOU!

Our next issue will be dedicated to the topic of **Forming Intimate Relationships during Residency**.

Please contact Lesley at [thewellofficeprojects@mcgill.ca](mailto:thewellofficeprojects@mcgill.ca) if you are a resident who is single and wish to share your experience, challenges, and advantages of being single during residency, as well as your unique perspective on it. Your entry will be anonymous when published, if so you wish.

Feel free to also contact Lesley if you