

Wellness Mentoring Strategies



What are some of the best practices to utilize when talking to IUSM students about wellness? Here are a few tips and tricks:



Ask Questions

- What activities/hobbies do you participate in to keep you feeling balanced and well? Have you been able to do these?
- Do you have any activities you consider non-negotiables? What are some of your non-negotiables? What activities would you hope to have as non-negotiables?



Refer to the [8 Dimensions of Wellness](#)

- Discuss how they can work on their wellness. For example:
- How can you work on your emotional wellness while you're also transitioning to medical school or clerkships and this new or different schedule?
 - Can you think of ways you can do this here at IUSM and resources we may have here to help you with that?



Make Suggestions

For example, suggest campus events such as a journaling or painting event, which would allow students to reflect on their emotions (emotional wellness).



Set Goals!

These can be big or small; they would also be dependent on individual needs. Maybe they just make a conscious effort to call home once a week. Or, they could try to go to the next event on campus. If necessary, use strategies such as SMART goal setting to help create these goals.



Check-In With Students Regularly

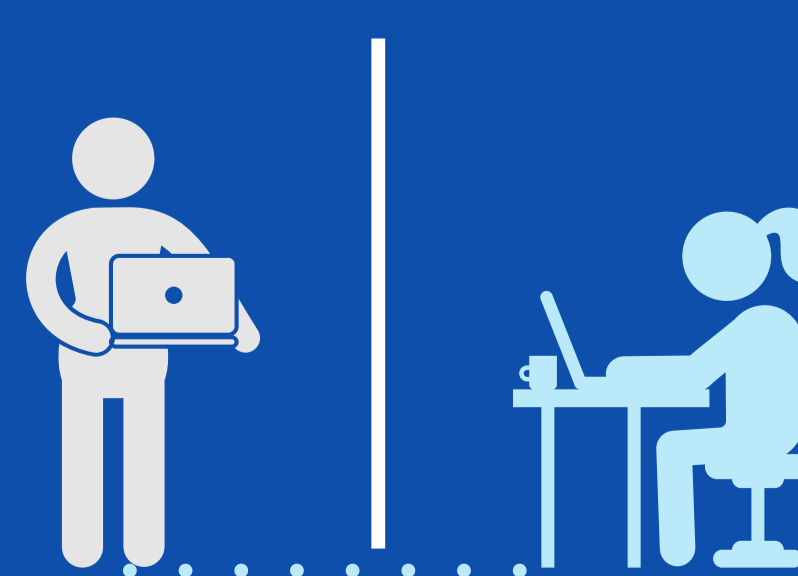
Check-in with students to see if they are accomplishing their goals or need extra support. This gives students the opportunity to address any concerns or challenges they may have come across.



Mention Resources

Students can request wellness events on the wellness services [website](#). Also consider these:

- [Student Advocates for Mental Health](#)
- Mind Body Medicine Elective
- [Wellness Coalition](#)
- [IUSM Department of Mental Health Services](#)



Additional Tips

- Talk to students about your wellness practices.
- Inform students about campus wellness representatives.
- Encourage increasing time dedicated to wellness activities, and emphasize how wellness activities improve performance.
- Try to tailor wellness resources to the specific needs of the student.