

Autumn 2023

The Check-Up

Wellness Newsletter: CHANGE EDITION

The season of change

It's Autumn in Chicago - the leaves are changing color, the weather is cooling, and time is falling back.

In this issue of the Wellness Newsletter, read about how members of the Pritzker community are changing and growing this autumn.

Love,
Ceylon + Nitin

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Untitled
Photograph
Kyle Tingling, M2

The Hippocratic Oath to Evolve

Isra Hasnain, MS4

As we enter the apple-spiced arms of autumn in Chicago, my last as a medical student, I find myself reflecting on the past four years. It feels like the perfect season met the perfect time to just sit at The Point and digest (both my experiences and the pumpkin muffin I purchased). I realized that many things in life come in fours: cardinal directions, most stages of American schooling, Pritzker Societies, the Beatles, seasons. I also realized that sometimes because of this convenient coincidence, these groups can be linked to each other. This inspired me to reconceptualize the four years of medical school as the four seasons.




First year: **summer**. MS1s arrive to campus for orientation in August with bright eyes and fresh Pritzker merch, eager to soak in their new atmosphere and greet the new faces around them. In many ways during first year, I felt like a tourist—not only because you quite literally go on multiple campus tours—but because the connections I was making with this city and my new classmates were young and delicate. Although first year isn't exactly a summer vacation, it carries with it the energy and promise of new adventure. Exploring Hyde Park and Chicago while sprinkling in traditions like the boat cruise make first year feel like a thrilling launchpad for the journey ahead.




Second year: **autumn**. The party's wound down and the grind has kicked up, but you're still... somewhat vibing. I also personally believe fall is the best season for studying from a purely aesthetic standpoint—picture your Pathoma book next to freshly baked cinnamon cookies, scented candle burning and rain pattering on the window (extra points if you're in Manusetto). It's fitting that we have our thinking caps on during MS2 year because fall also just feels...wise. Like the Socrates of the seasons. Not to mention we're enlightened from already being 25% done with medical school.





Third year: **winter**. This may not be universal. For me, this year required a lot of intentional pausing, processing, and, in the words of a renowned anatomy professor, pressing on. Some days were disorienting as I entered and left the hospital with the earth shrouded in darkness. I was hibernating while trying to balance self-care with academic duties. The learning curve often felt like slipping on the invisible ice that coats Chicago sidewalks. There were also striking, memorable moments of warmth—a patient’s smile when you remember their cup of water feels like warming yourself by the fire. Your resident’s thumbs-up behind the attending’s shoulder when you present for the first time is like a wool coat blanketing you in reassurance. Running into your classmates in the hospital sparks the same excitement as first snow. And watching your progress grow as a student doctor over the course of the year feels like defrosting, braving the cold wind, seeing the sun in the distance! Which leads us to...



Fourth year: **spring**. A match (sorry) made in heaven. Everything starts to brighten. Birds chirp and cheer. Grass gains its dew. The earth’s transformation reminds me that we’re moving forward and there’s a goal to reach. Likewise, there’s nothing like the sense of rebirth after submitting what feels like the culmination of decades of preparation and realizing your only responsibility now is to be patient and celebrate yourself. Spring, like fourth year, is emblematic of hope—in yourself, your abilities, your decisions, and your future. It’s the final chapter closing while the next prologue opens.

There’s a quote I heard recently that I think is extremely helpful for life, but especially applicable to fourth year: “Let go or be dragged.” I remind myself constantly that it doesn’t serve me to dwell on the past and wonder, Was it enough? Am I enough? Am I ready? Instead, we should mimic the earth and twirl past every doubt. Trust that just like the seasons, each year of medical school holds its own beautiful meaning that shaped us to become the people we are today. We evolve, like the animals and the trees and the climate. Our planet grows and replenishes herself with each passing season. So do we. **Here’s to change!**



WELLNESS WHILE ADVOCATING

Tips for staying well while engaging in advocacy and activism. References listed at the bottom of the page.

1

Set boundaries and maintain them.

2

Take breaks to recharge.

3

Celebrate the small wins.

4

Find time to practice self-care - "it isn't selfish, it is self-preservation."

5

Notice and honor emotions.

References

Protecting your mental health and well-being while speaking out. Tess Thomas, malala.org.
Self-Care Tips for Student Activists, Advocates, and Allies, U of Michigan Student Life
Counseling and Psychological Services.



Dr. Lee, what does wellness mean to you?

Wellness is always a work in progress for me. I am fortunate that I was born with a pretty sunny disposition (thank you mom and dad!) and I try to give myself grace when I am having a bad day, week or month. I listen to my loved ones when they hint that I've been cranky or short with them. My husband will tell me I need an 8pm night - which means I shut it down, take a bath and get to sleep by 8pm. In the morning, I always feel a little better and have more energy to claw myself out of a funk.

I try to do small things (even in busy periods) to keep me well, and **I put it ALL in my calendar.** I schedule my workouts, calls with friends and family (please call them!), couples therapy appointments, dinner with friends, Netflix binges, date night and on and on! It's kind of boring but it keeps me accountable - and **after stressful chunks of time, I try to block out time for myself or family** (e.g. weekend away, picking Luca up early from school to do something fun, etc.) to recharge. I love to travel and being proactive about planning vacations, trips to visit family, eat great food, hike in nature and explore the world keep me centered.



I am an extrovert and **love trying new things**, and over the past few years have taken pottery classes, Japanese wood carving, started piano lessons and going to more concerts (Lady Gaga and Madonna most recently, yes this dates me). Lastly, **being with my family keeps me well, always. We love having friends and students over to share good food, stories and laughter together!**



HARVESTERS OF PRITZKER



David Deshpande, M2



PET-PARENTS OF PRITZKER

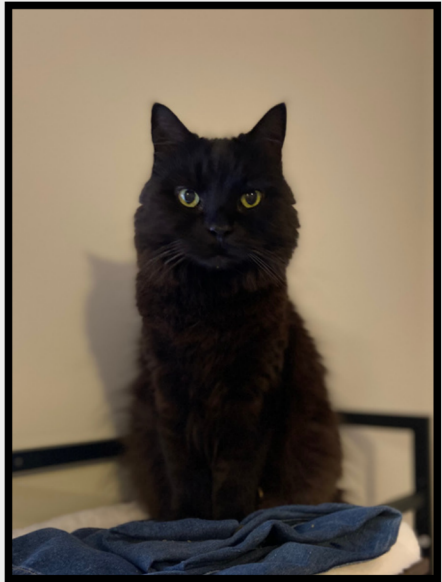


Mitski

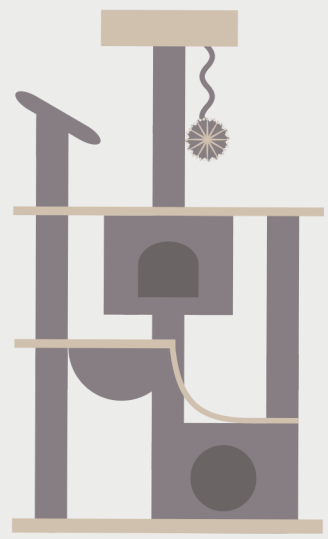


Igby

Mitski & Igby Schiff
Human: Hillary Schiff, M1



Winnie Auguste-Nelson
Human: Ceylon Auguste-Nelson, M2





Chef's Kiss



a delightful section that's peppered with the tastiest and most cherished recipes from Pritzker Students!

Tuscan Butter Shrimp with Pasta

Zharia Crisp, M2

I love pasta.

The interwebs.

I'm a lazy chef. And I love pasta.

Crisp, why is this dish important to you?

Who taught you this dish?

Why do you like making it?

Ingredients

- 2 tbsp EVOO
- 1 lb. shrimp
- Kosher salt
- Freshly ground black pepper
- 3 tbsp. butter
- 3 garlic cloves, minced
- 1.5 c. halved cherry tomatoes
- 3 c. baby spinach
- 1/2 c. heavy cream
- 1/4 c. freshly grated Parmesan
- 1/4 c. basil, thinly sliced
- 1/2 box pasta, any type you like
- Lemon wedges, for serving

I don't think of salt and pepper as seasonings, so I add garlic powder, onion powder, paprika, and Mrs. Dash to make my shrimp have that extra KAPOW.

Also I love red pepper flakes. I put that ish on everything.



Instructions:

• Step 1

- Heat oil in a large skillet over medium-high heat.
- Season shrimp with salt and pepper (and garlic powder and onion powder and Mrs Dash, of course).
- When oil is shimmering but not smoking, add shrimp and sear until underside is golden (~2 minutes), then flip until opaque. Remove from skillet and set aside.

• Step 2

- Reduce heat to medium and add butter. When butter has melted, stir in garlic and cook until fragrant.
- Add cherry tomatoes and season with salt and pepper. Cook until tomatoes are beginning to burst, then add spinach and cook until spinach begins to wilt.

• Step 3

- Stir in heavy cream, Parmesan, and basil. Bring mixture to a simmer.
- Reduce heat to low and simmer until sauce is slightly reduced (~3 minutes).

• Step 4

- Return shrimp to skillet and stir to combine. Cook until shrimp is heated.
- Garnish with more basil and squeeze lemon on top (and sprinkle some red pepper flakes if you're about it) before serving.

Recipe adapted from "Saucy Tuscan Butter Shrimp" by Lena Abraham in Delish.



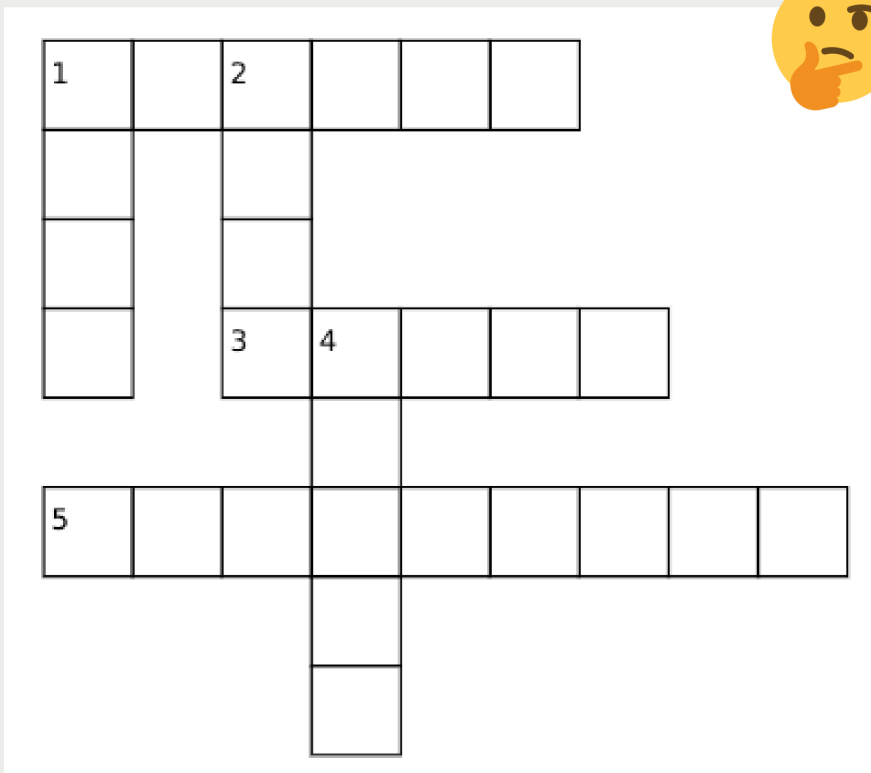


Delights



HAVE SOME MERRIMENT WITH THESE GAMES!

Work hard, play hard



Across:

- get your free flu shots here!
- newest NBA sponsor
- what the M3s aced last week

Down:

- weekly Pritzker bulletin
- M1s' least favorite homework assignment
- huge Swiftie

Solved puzzle on page 14.



FREE N' FOR FUN

The Wintrust Magnificent Mile Lights Festival

Nov. 18, 2023

Visit booths during the day, watch the parade in the evening, and enjoy fireworks at night! See website for full schedule of events.

Art on theMART

Nightly at 7:30 pm starting Nov. 16 | Chicago Riverwalk

Acclaimed artists and students from the School of the Art Institute of Chicago have created massive night-time art displays that include beautiful, immersive moving images.

Christkindlmarket

Opening Nov. 18, 2023 | 50 W Washington Street

Get in the spirit with this cherished holiday market!

Lincoln Park ZooLights

Mondays from Nov. 19, 2023 to Jan. 7, 2024

Get bedazzled by an impressive light display at Lincoln Zoo.

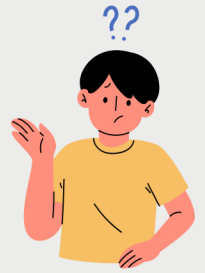
Garfield Park Conservatory

Year-round

Yearning for tropical plants in the cold Chicago months? Get over the Garfield Park Conservatory to warm up in the greenhouse while learning about plant species from around the world.



Dear Wellness,



How can I do a better job of not comparing myself to my classmates?

- *Anonymous Anchovy*

Dear Anchovy,

I hear you - this is a struggle as old as time. When I would compare myself to others, my grandmother used to say, "You're making your own misery." She was not trying to make me feel worse or blaming me, but rather showing me that my thinking was causing me undue stress.

When you find yourself comparing yourself to someone else, here are some strategies to try:

- Ask yourself *why* you are comparing yourself - *what* is the object of comparison (grades, research, extracurriculars, etc.) and why does what they are doing matter to you and your goals?
- Acknowledge your own successes. I know that there are things **you** are excelling in - what are those things? Focus on them.
- Determine where comparison can be appreciation. You are in a school of talented people, and those people will do cool and awesome things - that's great! Their success is not a knock on you and your talent, just as your success is not a knock on them.
- Know your triggers and avoid them when possible. Do you get stressed when everyone is comparing answers after an exam? If so, when you finish that exam get the heck out of the BSLC and go have a treat!

-*Wellness*

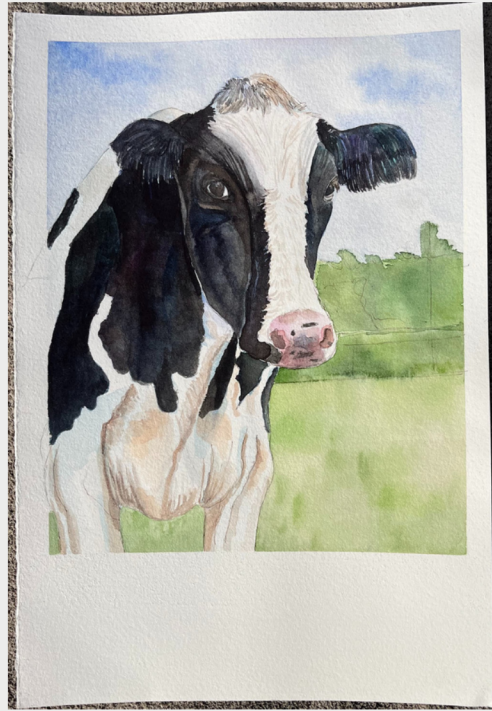




Museum of Art At Pritzker



Enjoy beautiful creations from our community!



Cherry Blossoms at Jackson Park

Watercolor

Chineze Egwudo, M2



Mental Health Resources:

If you feel like you are in immediate risk of danger, please call 773-702-3625 or 911 and go to the Emergency Room.

Pritzker/Administrative Resources:

1. Reach out to Pritzker Chiefs available 24/7 365:

Melinique Walls: 901-896-8958

Cody He: 517-862-6320

Leslie McCauley: 312-515-0310

2. Contact the friendly Pritzker Deans:

Dean of Students Jim Woodruff: 773-251-5231

Associate Dean of Students Wei Wei Lee at 646-483-9327

3. Call the University "Dean-on-Call" at 773-834-4357

Counseling & Therapy Resources:

1. For Emergency 24/7 mental health consultation with a therapist, call 773-702-3625.

Student Counseling Services 773-702-9800

You can schedule an appointment or speak confidentially with a therapist (free).

Additional mental health resources:

<https://wellness.uchicago.edu/mental-health/>

FLIP (First-gen, low-income Pritzker) resource list

