

Prioritizing Medical Student Downtime: Resources and Recommendations

Thank you to the students of the Wellness Committee of ACP California Council of Student Members (CCSM) for compiling this list: May Kyaw; Cindy Ma; Angela Pham; Alexander Phan; Annica Stull-Lane; Sara Toulouie.

MENTAL HEALTH

[Read](#) “Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks”
By: Joshua Morganstein, M.D. Chair, APA Committee on Psychiatric Dimensions of Disasters

Crisis and Support Resources

- **Free Crisis Counseling and Text Lines**
 - Many schools are offering free online counseling - check your school’s website to see if this is an option
 - National Suicide Prevention Lifeline: 1-800-273-8255 and crisis text line at 741-741 to reach a Crisis Counselor
 - SAMHSA’s Disaster Distress Helpline 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor. Provides 24/7, 365-day-a-year crisis counseling and support to people experiencing emotional distress related to natural (including pandemics) or human-caused disasters.
- **Free Peer-Support and Paid Counseling**
 - [7 Cups](#) - free online 24/7 chat with volunteer listeners, or can sign up for paid online counseling services
 - [Better Help](#) - paid online counseling

Meditation Apps on Android, I-Phone, and PC

- [Headspace Meditation:](#)
 - Become an AMA member and you can receive free access and guidance to this wonderful app that offers guidance on how to meditate

- [Insight Timer](#)
- [Smiling Mind](#)
- [Stop, Breathe, and Think](#)

Webinar and Tools

- [Positive Psychology in Times of Crisis](#)
- [Know Your Colleagues, Know Yourself: Checking in on Mental Health](#)

PHYSICAL HEALTH

Online Workouts

- [Medicine in Motion COVID-19 Workouts](#)
 - Features free live Zoom workouts every Monday 5:30 pm EST
 - Workout of the Day (WOD) library
 - Daily WODs
- [Blogilates](#)
 - Provides free Pilates workout calendars every month with a list of YouTube videos
 - Provides recipes as well
- [Yoga with Adrienne](#)
 - Free guided YouTube videos that you can pick and choose from
- [Peloton](#)
 - Offering free 90-day extended trial → does require credit card information
 - Offers yoga, cycling, running, strength training, meditation
- [Nike Training Club](#)
 - An app that provides free workouts including yoga, cardio and HIIT, strength, coached/timed running sessions
 - Classes on nutrition, mindfulness, and sleep
- [Pamela Reif](#)
 - You can pick from free 10 minute to hour long workouts with this great YouTube fitness coach

Food Insecurities (Yourself or Your Family)

- [Locate a Food Pantry](#)
- [SNAP/Food Stamps](#)
- [211.org](#)
 - Food and additional resource assistance
- [GoGo - The Best Way To Call Lyft & Uber Without A Smartphone](#)
 - PAID service for food delivery for elderly

OTHER

Volunteer Opportunities

- [National Volunteer Database](#)
- [Volunteer with Eskaton Telephone Reassurance Line](#)
 - Phone-a-senior who is in social isolation during the quarantine
 - Weekly phone calls

Productive Ways to Spend Free Time

- Buprenorphine [X-Waiver Training](#)
- Write a [Medical Student Perspective essay](#) for ACP
- Rosetta Stone Language Lessons
 - Free 3-month trial
- [Netflix Party](#)
 - Need to download the extension and have Netflix
- Zoom/Facebook Video Study Sessions
 - Study while keeping yourself and your friends motivated
- Recipe Ideas
 - [Dalgona coffee \(aka “fluffy” coffee\)](#)
 - [Peanut Butter Bread](#)
 - [Gluten-Free](#)
 - [Trader Joes](#)
- [Coursera](#)
 - Free classes that you can take on any topic of your choosing
 - [The Science of Well-Being by Yale University](#)

Books Recommendations

Get access to thousands of free audiobooks using a library card with the app [Libby](#).

- *Sapiens: A Brief History of Humankind* by Yuval Noah Harari
- *Thinking Fast and Slow* by Daniel Kahneman
- *The Girl with the Dragon Tattoo* by Stieg Larsson
- *Gone Girl* by Gillian Flynn

- *The Silent Patient* by Alex Michaelides
- *The Glass Castle* by Jeannette Walls
- *Just Mercy: A Story of Justice and Redemption* by Bryan Stevenson
- *The Secret Life of Bees* by Sue Monk Kidd
- *The Alchemist* by Paulo Coelho
- *The Red Tent* by Anita Diamant
- *Life of Pi* by Yann Martel
- *The White Tiger* by Aravind Adiga
- *When Breath Becomes Air* by Paul Kalanithi

Podcasts

- Spotify
 - Has many free podcasts that are great to listen to on your commute, work out, or while cooking :)
- Non-Clinical
 - [This American Life](#)
 - [Hidden Brain](#)
 - [Code Switch](#)
 - [Wait, Wait Don't Tell Me](#)
- Medical Podcasts
 - [Clinical Problem Solvers](#)
 - [Dr. Death](#)

YouTube Links

- Med School Song Parodies
 - [Frozen "Let it Go" By UChicago Med](#)
 - ["Thank u, next" by Stanford Med](#)
 - ["CANT STOP THE FEELING!" by Harvard Med](#)
 - [What does the spleen do? \(The Fox\) by Harvard Med](#)
- Med School Wellness Channels
 - [Dr. Mike](#)
 - Family medicine physician making vlogs, reaction videos, and commentary videos
- [South Herd](#)
 - Rachel Southard, medical student, makes lifestyle and medical school vlogs, and how-to videos for med students

JUST FOR FUN/SOCIAL

Shared or Solo Games Recommendations

- Apps
 - [Houseparty](#)
 - [Trivia Crack](#)
 - [Jackbox](#)
 - [Skribbl.io](#)
 - [Ravensburger Online Puzzles](#)
- Board Games to Try
 - Qwirkle
 - Dominion
 - Pandemic
 - [Catan](#)
 - [Codenames](#)
 - Scattergories
 - Kingdomino
 - Splendor