

Lower Stress and Increase Mindfulness with Meditation Wednesdays



According to **Medical Librarian Lorraine Chun Ng, MLIS**, Meditation Wednesdays started in August 2021, based on discussions with the Student Wellness Committee. Student Wellness was identified as part of the NYCPM's Strategic Plan to develop and implement student wellness initiatives for students' mental and physical well-being. The Student Wellness Committee is a standing committee and includes both faculty and students. To address work and life balances, meditation was suggested to temporarily destress and increase mindfulness/reflective practice for future health practitioners.

The 10-minute meditations offered are curated from YouTube and are available for free (i.e. open access) and a room has been secured for anyone who wants to attend. Its availability was originally offered to students as a temporary respite, but some faculty and staff attend on a regular basis. Two times on Wednesdays are now offered to increase accessibility. Links to the free meditation sessions are usually sent out to students who can view the session on their own time. At the end of March, a professional facilitator who will lead live meditations via Zoom will begin.

According to Ms. Chun, the members of the Student Wellness Committee also suggested a newsletter that notifies students of events sponsored by the Committee (e.g. "Dress in Red" event on Valentine's Day, Halloween treat bags) and includes tips on nutrition and wellness strategies as well. She hopes to post a newsletter periodically, depending on events.