

# The VITALS Project: Tools for Self-Reflection

## A DEPARTMENT OF ACADEMIC AFFAIRS INITIATIVE AT MAIMONIDES MEDICAL CENTER

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### **WELCOME TO MAIMONIDES!**

*Here at Maimonides we believe that mental health is just as important as physical health. In fact, we think that overall health is even more complex than that. For example, occupational, environmental, and intellectual health also play important roles in our overall wellbeing.*

*Success in residency is not measured only by the absence of burnout, stress, or other mental health issues. Our goal is to help you define what success and wellbeing looks like for you, and then to use this knowledge to manage stress proactively and connect with the meaningful parts of work and life.*

### **WHAT EXACTLY IS A VITALS MEETING?**

- *It's a 45 minute, individual conversation with Dr. Erica Hutchison, the Academic Affairs clinical psychologist*
- *It includes semi-structured reflection activities that focus on:*
  1. *Defining wellbeing for yourself*
  2. *Understanding your unique stress response*
  3. *Adapting coping strategies for residency*
  4. *Identifying values*
  5. *Taking stock of your supports/resources*
- *All meetings with Dr. Hutchison are 100% confidential – and not shared with Program Directors or anyone else*
- *The VITALS Project is not an assessment or exam of any kind, nor is it meant to be a traditional therapy session. It's a more informal conversation to aid residents as they transition into an exciting new year. Residents can share as much or as little as they feel comfortable sharing.*

**REACH OUT TO DR. ERICA HUTCHISON TO SCHEDULE YOUR MEETING AT: [ehutchison@maimonidesmed.org](mailto:ehutchison@maimonidesmed.org)**