

STUDENT WELLNESS

Welcome to the Student Wellness page associated with the Massachusetts Association of Nurse Anesthetists. Student Nurse Anesthetists (SRNA) contributing to this site are representatives of both Boston College and Northeastern University. Our goal is to supply SRNAs in Massachusetts with diverse and creative ways to cultivate personal and professional wellness throughout a challenging time of growth and transition.

Please reach out with any questions, suggestions, or comments!

Promise yourself to be so strong that nothing can disturb your **p**eace of mind. Look at the sunny side of everything and make your **o**ptimism come true. **T**hink only of the best, work only for the best, and expect only the **b**est. Forget the mistakes of the **p**ast and press on to the greater achievements of the **f**uture. Give so much time to the improvement of yourself that you have no time to criticize others. Live in the **f**aith that the whole world is on your side so long as you are **t**ru**e** to the best that is in **y**ou!

-Christian D. Larson

Wellness Article Links & Hot Topics:

“Wellness and Thriving in a Student Registered Nurse Anesthetist Population”

Andrew Griffin, PhD, CRNA, APN

Valerie Yancey, PhD, CHPN, HNC-A, RN

Michael Dudley, PhD

https://www.aana.com/docs/default-source/aana-journal-web-documents-1/wellness-thriving-1017-pp325-330.pdf?sfvrsn=e32b45b1_6

- “People with higher levels of self-efficacy and wellness are better able to set goals, maintain persistence in the face of barriers, and recover from setbacks. Research suggests that a person’s life outlook and belief that he or she can overcome obstacles may lead to wellness more than simple avoidance of stress.”

“Stress: Perceptions, Manifestations, and Coping Mechanism of Student Registered Nurse Anesthetists”

Anthony Chipas, CRNA, PhD

Dan Cordrey, RN, BSN, CCRN

David Floyd, RN, BSN, & et al.

[https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-\(all\)/chipas_et_al_perceptions_stress_aana2012.pdf?sfvrsn=832c4bb1_4](https://www.aana.com/docs/default-source/wellness-aana.com-web-documents-(all)/chipas_et_al_perceptions_stress_aana2012.pdf?sfvrsn=832c4bb1_4)

- Self reported depression rates of SRNA’s were 47% (554) with 21% expressing suicidal ideation at one point of the program, this compares to depression rates of 7-14% among medical students and residents. Stressors were indicated as type of program and duration of program, with recommendations of meditation, exercise, and music for healthy coping strategies.

Academic Resources:

YOUTUBE:

- Khan Academy: <https://www.youtube.com/user/khanacademy>
- Armando Hasudungan: [youtube.com/user/armandohasudungan](https://www.youtube.com/user/armandohasudungan)
- Ninja Nerd: https://www.youtube.com/channel/UC6QYFutt9cluQ3uSM963_KQ

- University of Kentucky Department of Anesthesia: https://www.youtube.com/channel/UC_caxps8p1QaSxho_L6G0Fg

PODCASTS:

- From the Head of the Bed: <https://www.fromtheheadofthebed.com/>
- APEX Live: <https://www.apexlive.com/podcast>
- ACRCAC: <http://accrac.com>

Community Resources:

Northeastern Wellness Facilities:
70 Forsyth Street in the Forsyth Building, Suite 135
617-373-2772
FIND@NORTHEASTERN: 877.233.9477 (24/7 Mental Support)
<https://www.northeastern.edu/uhcs/counseling-services/>

Boston College Wellness Faculty:
UNIVERSITY COUNSELING SERVICES
Gasson Hall 001
617-552-3310
<https://www.bc.edu/content/bc-web/offices/student-affairs/sites/counseling.html>

American Foundation for Suicide Prevention
800-273-TALK (8255)

AANA Peer Assistance Hotline
800-654-5167

Sincerely,

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