# WISHES Education Laboratory – December 2020

It's been a busy few months for WISHES and we are looking forward to the holiday season to recharge. On October 10, 2019 to coincide with World Mental Health Day, WISHES held its inaugural half-day symposium at the Cumming School of Medicine (CSM). We had 49 attendees with representation from CSM as well as other Faculties such as Nursing, Social Work, Veterinary Medicine and the Werklund School of Education. Ms. Lauren Vogel, a writer from the Canadian Medical Association Journal (CMAJ), was our guest speaker and she shared how personal stories can help with shedding light and raising awareness about learner wellness.

The data collection for the national environmental scan on wellness initiatives across the 17 Canadian Medical Schools is now complete and we are working on collating the data for knowledge dissemination purposes. Some high-level findings include there is an inconsistent and even lacking framework for learner wellness initiatives across the schools, underdeveloped or lacking policies around wellness. Given that the infrastructure of each school is dramatically different, it will be important to understand the relevant contexts, mechanisms and wellness outputs for each school.

To mark the end of the year, WISHES in conjunction with the Student, Advising and Wellness (SAW) Office at CSM hosted a seminar for all learners, faculty and staff to educate themselves on pronouns and LGBTQ2+ terminology. Tiffany Sostar was our guest speaker and is a dynamic bisexual, non-binary, narrative therapist who works within gender and sexually diverse communities. There were 44 people in attendance at the session which gave a brief overview of the changing language landscape and why it matters for the CSM community to keep up with the shift.

Happy Holidays to all! Stay warm and well. See you in 2020!

Aliya Kassam, PhD
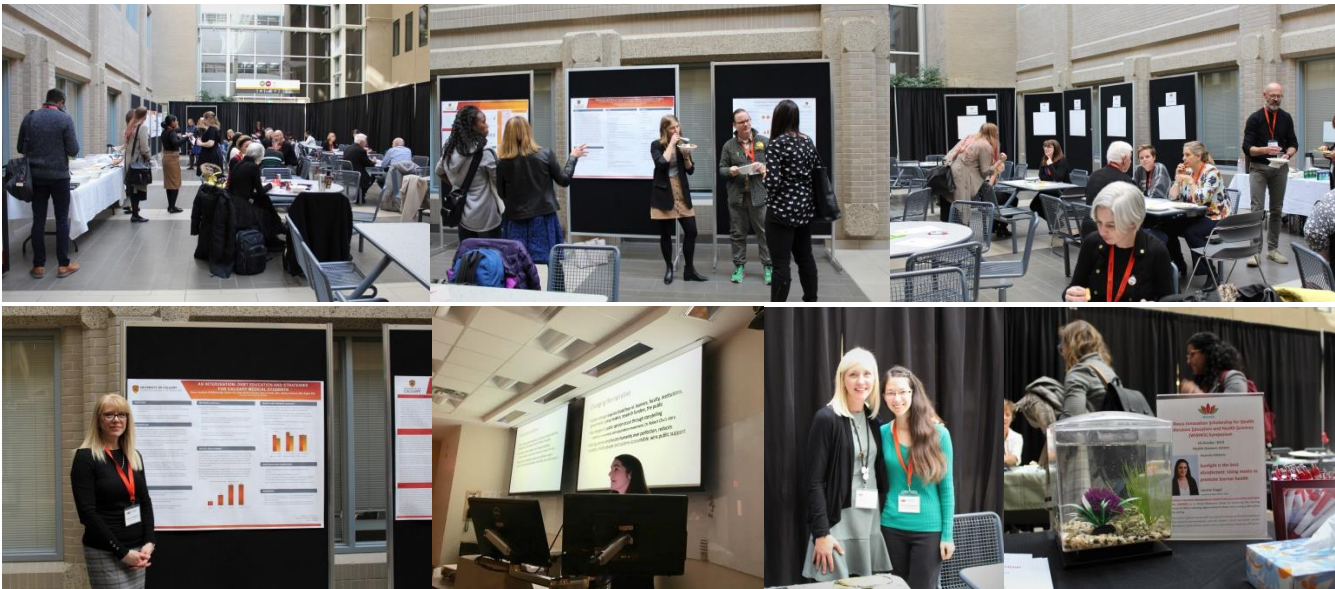
Scenes from the WISHES Symposium, October 10, 2019 – Photos kindly provided by Kristen Story

The secret of health for both mind and body is not to mourn for the past, not to worry about the future, or not to anticipate troubles, but to live in the present moment wisely and earnestly – Buddha