The KU GME Wellness Subcommittee would like to welcome all the new residents and fellows to the community. Maintaining general wellness is essential during residency.

1. **Resources available:**
   - Manage My Time – Academic Success Center at Oregon State University
   - KUMC Counseling & Educational Support Services
   
   Psychological services are offered within a confidential atmosphere of safety and respect to assist individuals in addressing emotional and interpersonal issues that may be affecting their well-being.

2. **Video(s) to watch:**
   - The Paradox of Value

3. **Apps to use:**
   - Headspace
   - Sleep Cycle

4. **Ted Talk(s) of the month:**
   - Sleep is Your Superpower

   Description from www.ted.com:
   
   Sleep is your life-support system and Mother Nature's best effort yet at immortality, says sleep scientist Matt Walker. In this deep dive into the science of slumber, Walker shares the wonderfully good things that happen when you get sleep -- and the alarmingly bad things that happen when you don't, for both your brain and body. Learn more about sleep's impact on your learning, memory, immune system and even your genetic code -- as well as some helpful tips for getting some shut-eye.