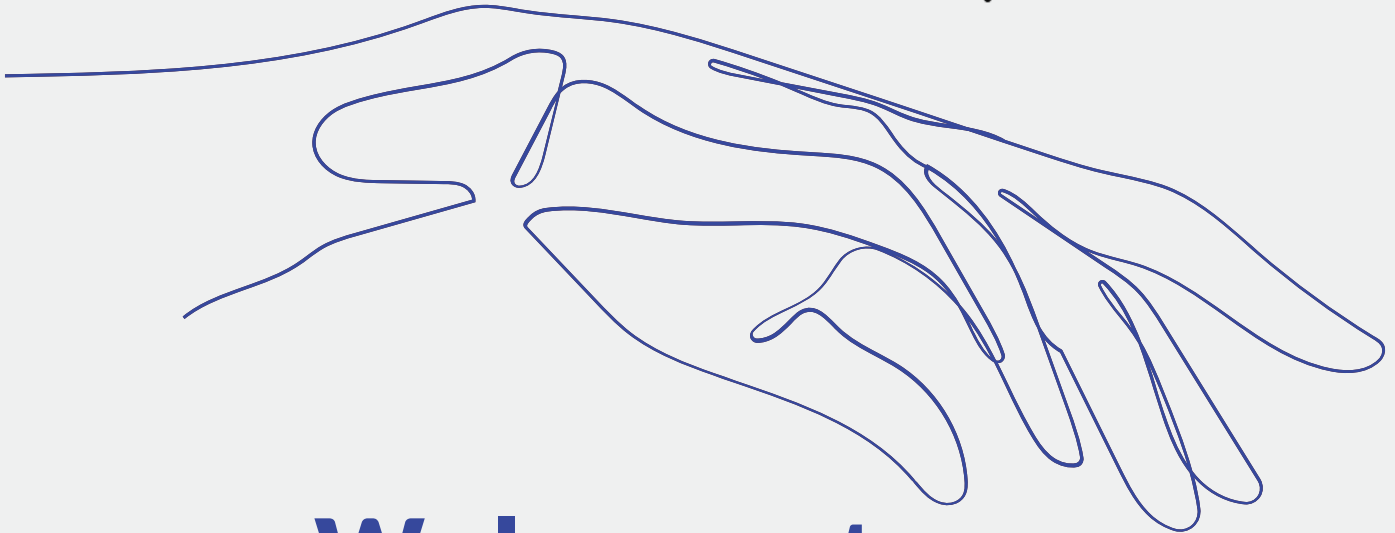




NOT ONE MORE VET



**Welcome to your
next step in
veterinary medicine,
you amazing human!**



A collection of mental health resources and ideas for
veterinary and veterinary technician students.

Made for students, by students.

What is Not One More Vet, Inc.(NOMV)?

Our mission is to transform the educational experience within the veterinary profession by cultivating communities that empower mental wellbeing so individuals can thrive during school and beyond.

What student resources does NOMV have?

Peer to peer support
support grants
talks and mentorship committee
research
advocacy



Contact

NOMV

students@nomv.org

**NOMV Student
Circle Page**



**NOMV
Support Staff FB
Page**



**NOMV's List of
Resources**



Scan QR codes with your phone camera to go to websites

Tending to your basic needs

Veterinary professionals are known for ignoring their basic needs. These are things that are important for our bodies and minds to function. You can't drive a car without gas in the tank.

ORGANIZATION SUNSHINE
Body Movement **HEALTHY FOOD**
Fun **SLEEP** SELF CARE
TIME OUTSIDE
Rest **FOOD** **COMMUNITY**
SUPPORT DOCTORS APPOINTMENTS
RELAXING ENVIRONMENT
MENTAL HEALTH RESOURCES

Sleep



Nutrition



Support



Recognizing the risks

Learning about the mental health risks veterinary professionals face can be powerful to preparing for a nourishing career. Try exploring clinical definitions, physiologic and cognitive impacts, and intervention strategies that can support wellbeing holistically in professional and personal spaces.

What do veterinary professional students struggle with or are more at risk for than the general population?

STRESS . imposter phenomena
depression dysregulated sleep
perfectionism maladaptive coping
substance use **ANXIETY**

Veterinary professionals are at risk for:

imposter phenomena
depression burnout
suicidal ideation
Chronic stress compassion fatigue
ANXIETY

*See resource pages (9 & 10) for links to learn more about these terms

Things that help

When building a house you need more than one tool. Similarly, to take care of yourself and manage stress, you will need a toolbox of skills.

Here are some tools to get you started:

- Use Mindfulness and Relaxation Techniques
- Seek professional help from a mental health provider
- Cultivate and support resilience skills
- Develop new healthy coping skills
- Practice good sleep hygiene and nutrition
- Recognize and use your support systems
- Participate in activities that build confidence and self-esteem
- Prioritize daily self-care and self-compassion
- Set boundaries and know it is ok to say no
- Take breaks and engage in hobbies or fun activities
- Make space to identify and process your emotions

*See resource pages (9 & 10) for websites that will assist you in building your toolbox

What does it mean to be overwhelmed?

Overwhelm (v.)- to feel that something may be too much or almost too much for one to manage.

- too many tasks to do, but not enough time
- feeling unfulfilled and uninspired by the mass of your responsibilities
- physical and mental exhaustion

How can I tune into when my body and mind are telling me that I am overwhelmed ?

biological

- feeling tired all the time
- panic attacks or tight chest
- Increased HR
- Change in appetite

psychological

- inability to focus
- feeling empty
- crying a lot
- mindlessly scrolling social media
- imposter syndrome
- hypervigilance / agitation
- studying, but not retaining information

social

- reverting back to bad habits
- distancing yourself from friends/family
- mindlessly scrolling social media

Coping mechanisms for feeling overwhelmed or anxious

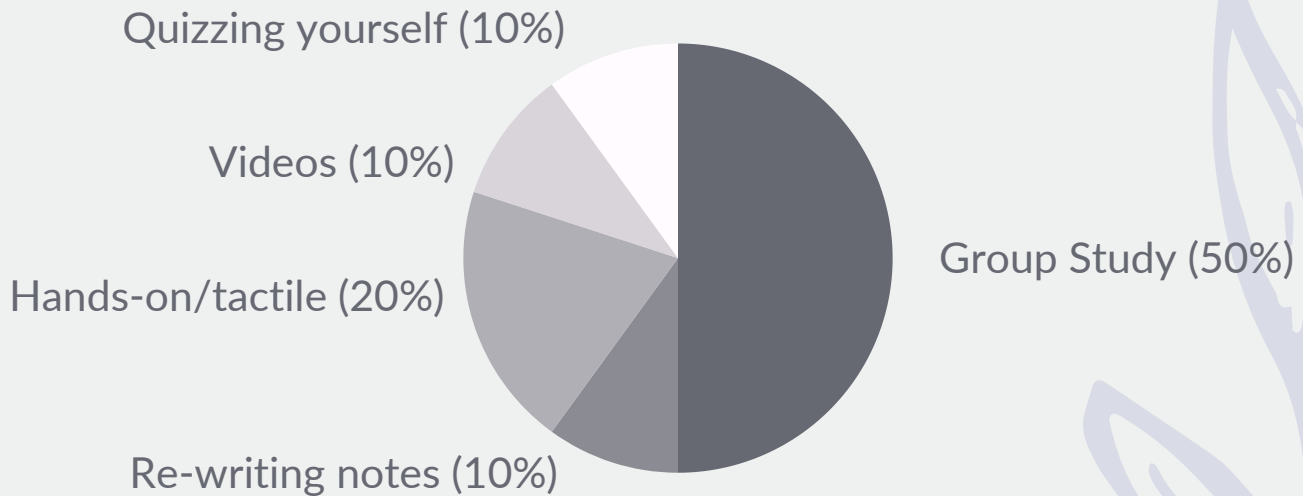
Immediate response

- Taking a **break**, either minutes, hours or a day helped students to feel less anxious and more prepared to learn. Consider moving your body, drink some water, and doing an activity that you find fulfilling.
- **Calming exercises**- these could be in the form of intentional breathing, meditation, or mindfulness practices.
- "**Reframing** changes your viewpoint of how a situation is experienced. You can discard assumptions, inferences, and judgments with the goal of increasing the number of options available to respond to the situation."
(<https://consciouslead.life>)

Long-term response

- Students reported that **support** from friends and family was vital when they were feeling anxious/overwhelmed.
- Many students also answered that **therapy** was a great mental health resource.
 - Use www.psychologytoday.com to find a therapist in your community. Search by insurance, focus, and gender.
 - Developing new **coping skills**

Study methods when feeling overwhelmed



- **Kinesthetic/tactile learning-** You prefer to make things with your hands. You often work/study better if you have made something with your hands in the learning process.
- **Auditory-** You may prefer to hear material read out loud to you. Group study may work for you because you and your peers can say the material out loud to each other.
- **Visual-** You prefer to see the material written out and may find idiographics/images helpful when learning specific topics. Videos may also be helpful for visual and auditory learners.
- **"See One, Do One, Teach One"**
 - Listen and engage with the professor
 - Explore the topic to the best of your abilities
 - Converse/Teach a friend or classmate the topic you have been learning.

This practice will come into play when you start your hands on medical skills and surgical practice as well.



*Disclaimer: no one person studies the same as the next, and each class may require different types of studying. Do not compare your best to someone else's.

Resources and References

- **Anxiety:**
 - <https://www.nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Anxiety-Disorders-FS.pdf>
 - <https://medicine.umich.edu/sites/default/files/content/downloads/Relaxation-Skills-for-Anxiety.pdf>
- **Burnout:**
 - <https://health.clevelandclinic.org/signs-of-burnout/>
- **Coping:**
 - <https://www.therapistaid.com/worksheets/healthy-unhealthy-coping-strategies>
 - <https://www.purdue.edu/recwell/pdf/wellness/manage-stress-workbook.pdf>
 - <https://depts.washington.edu/uwhatc/PDF/TF-%20CBT/pages/4%20Coping%20Skills/Thoughts/Depressive%20Thinking%20Traps.pdf>
 - <https://www.mindmypeelings.com/>
 - <https://www.brown.edu/campus-life/health/services/promotion/sites/healthpromo/files/social%20supports.pdf>
- **Depression:**
 - <https://nami.org/NAMI/media/NAMI-Media/Images/FactSheets/Depression-FS.pdf>
 - <https://medicine.umich.edu/sites/default/files/content/downloads/Behavioral-Activation-for-Depression.pdf>
- **Healthy Meals:**
 - <https://www.jaroflemons.com/50-quick-healthy-dinners-30-minutes-or-less/>
- **Imposter Phenomena:**
 - <https://health.clevelandclinic.org/a-psychologist-explains-how-to-deal-with-imposter-syndrome/>
 - <https://www.vetxinternational.com/imposter-syndrome-in-veterinary-care-risk-factors-types-and-symptoms/>
- **Moral Distress:**
 - <https://www.avma.org/javma-news/2015-01-01/moral-stress-top-trigger-veterinarians-compassion-fatigue>
- **NOMV crisis numbers:**
 - <https://www.nomv.org/crisis-numbers/>

Disclaimer: the resources and references are not to replace professional help. If you're in the US, call or text 988 if you are in a crisis.

Resources and References

- **NOMV Student Forum:**
 - https://login.circle.so/sign_up?request_host=nomv.circle.so&user%5Binvitation_token%5D=65b4f6fc2e8c78542a6fccdf201883264c0f7103-388f1231-ad84-4c10-8953-abb4a5f878aa#email
- **Perfectionism:**
 - <https://www.goodtherapy.org/blog/perfectionism-burnout-address-stress-and-find-balance-0707187>
- **Procrastination:**
 - <https://myusf.usfca.edu/sites/default/files/users/hrietman/Procrastination%20Worksheet%20.pdf>
- **Resilience:**
 - <https://positivepsychology.com/what-is-resilience/https://www.bjclearn.org/resiliency/PDFs/043110.pdf>
 - <https://www.acealabama.org/uploads/9/5/5/2/95521332/designing-affirmations-worksheet.pdf>
- **Self-Compassion:**
 - <https://self-compassion.org/category/exercises/>
 - <https://self-compassion.org/the-three-elements-of-self-compassion-2/>
 - <https://pubmed.ncbi.nlm.nih.gov/28206848/>
- **Sleep:**
 - <https://sph.umich.edu/pursuit/2020posts/why-sleep-is-so-important-to-your-health.html#:~:text=Contrary%20to%20our%20quiet%20physical,metabolism%20and%20chronic%20disease%20risk.>
- **Suicide Ideation:**
 - <https://www.nami.org/Blogs/NAMI-Blog/September-2017/Learning-More-About-Suicidal-Ideation>
 - <https://988lifeline.org/chat/>
- **Stress:**
 - <https://www.apa.org/topics/stress/chronic>
 - <https://www.nimh.nih.gov/health/publications/so-stressed-out-fact-sheet>
- **Support:**
 - [Psychologytoday.com/us](https://psychologytoday.com/us)

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Advice for your time at school, from your colleagues.

- **Arianna Holmes, Tuskegee University CVM-** "You're no good to anyone if you're no good to yourself."
- **Kendall Sweeny, Ross University CVM-** "You are here for a reason, you were chosen to come to vet school because there is something special about you. As hard as it is, don't let imposter syndrome get the better of you. Take every opportunity and enjoy every moment."
- **Shelby Walton, Tuskegee University CVM-** "It is easy to lose yourself in all of your responsibilities from school. Find ways to prioritize yourself, your wellbeing, and your mental health. You are amazing and are meant to be here. Welcome, future Doctor."
- **Dr. Michael Atchison, DVM, Auburn University CVM alum-** "Take the test. Turn it in. Keep going. Not once have I been asked my GPA as a GP."
- **Amelia Collins, University of Georgia CVM-** "Pick one day out of each week where you do zero school work."
- **Karla Fernandez, RVT,** "As students, remember that the oath we take for the prevention and relief of suffering in our patients can also apply to the prevention of suffering in our profession. We need to promote and destigmatize mental health support: our well being is as important as the exceptional care we strive to provide our patients and their families

Affinity + Student Organizations

Affinity and student organizations are important places community can be found. Additional supportive groups for veterinary professionals addressing can be found on-line or through the Veterinary Information Network (ie. chronic illness, parenting, neurodiversity). This list is not comprehensive and should be considered a starting point.

American Association of Veterinarians of Indian Origin, Association of Asian Veterinary Medical Professionals, Black DVM Network, Black Veterinary Association of Canada, International Veterinary Student Association, Latinx Vet Med Association, Multicultural Veterinary Medical Association, National Association for Black Veterinarians, NAVA, Pride Student Veterinary Medical Community, Veterinary Students as One In Culture and Ethnicity, Women's Veterinary Leadership Development Initiative

*Data from this packet was gathered from interactive activities targeting ~100 veterinary students. ~50 students from UGA, Auburn, Tuskegee, and Ross responded.