Mizzou Med Student Wellness

Mission:
To promote health and well-being of our medical students — physically, mentally, emotionally, and in our relationships with others.

Student wellness promotes the health and well-being of our medical students physically, mentally and emotionally. We empower students to make healthy lifestyle choices that include physical activity, stress management, good nutrition, and positive social activities. We seek to equip all medical students with the tools they need to establish healthy habits and handle the various stresses of medical school. We are committed to addressing the unique needs of the diverse student population and encourage them to take control of their own lifelong wellness.

A Message from Dr. Bagby-Stone:
Do you find it difficult to balance medical school and the rest of your life? Do you wonder about your future? Do you wish you were happier? If so, let’s talk.
Hi, I’m Stephanie Bagby-Stone and I have time in my schedule to meet with all medical students interested in improving their well-being. From my past experiences, I am aware that medical students need someone that will help them create balance and conditions which promote success, identify their strengths and values, and nurture their talents and creativity. I’m so excited to be able to talk to you about these things. My approach is greatly influenced by the Science of Happiness (Positive Psychology) which seeks to create thriving, meaningful lives. The science is clear—happiness and well-being have positive effects on the body and on performance.
As a graduate of the MU school of medicine, I’ve experienced PBL first hand. I spent many years as the chief psychiatrist at the MU Student Health Center providing care for undergraduate, graduate and professional students experiencing stress, burn-out and medical conditions such as depression, anxiety, bipolar and ADHD. I am very familiar with campus and community resource. In addition to providing coaching, I can help you by providing referrals for diagnoses needing treatment, medication management, psychological testing or psychotherapy.
Why schedule time to talk with me?
• If you are experiencing distress and are in need of support or guidance.
• If you want to learn ways to optimize your happiness and your success.
• If you have ideas for needed wellness programs.
• If you are simply curious.

If any of these reasons resonate with you, send an email to me to find a time (bagbystones@health.missouri.edu).

I am looking forward to talking with you!

Stephanie Bagby-Stone MD
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Student Wellness Representatives
Michael Kim, M2
Marc Propst, M2
Andrew Osborne, M3
Jeff Shuler, M3
Ashley Ruf, M4
John Worley, M4
Student Wellness

An essential aspect of becoming a physician is learning to take care of one’s own health and well-being. We can do this by maintaining a healthy work-life balance and self-care, recognizing and addressing challenging situations and knowing when and how to seek support. What we learn to do for ourselves we can teach our patients. The Office of Medical Education supports and provides Student Wellness programming.

Challenges of Medical School

The physical and emotional demands of medical school may be some of the toughest you’ve ever faced. You may experience:
- Long hours
- Overwhelming workload
- Academic pressure or difficulties
- Changes in relationships
- Loneliness
- Financial debt

Role Changes

Medical school requires lots of time, dedication, changes in routine, and study habits. You’ll need to adapt to a new method of learning as you experience the PBL curriculum. Many of you have a history of performing at the top of your class; therefore, you may have difficulty with receiving average or lower scores in some cases. You may be seen by family members as a “go-to” person, but will not be as available to listen or help from a distance. Understanding and accepting these changes are important for you and your family members.

There is Support Available

The challenges of medical school may leave you feeling stressed, irritated, tired, anxious and even depressed affecting your performance and well-being. Mizzou Med has many resources available to support student wellness.
- Counseling and Psychological services
- Academic support and tutoring
- Educational Assessments
- Mizzou Rec - student fitness
- Student Health Center
- Financial Aid
- Career Advising
- Student Wellness Group

Contacts & Resources

Dr. Rachel Brown, MD
Associate Dean for Student Programs
(573) 882-9219 or (573) 884-5146
MU Student Health Center
(573) 882-7481
MU Counseling Center
(573) 993-6601
MU Psychological Services Clinic
(573) 882-4677
MU South Providence Psychiatry Clinic
(573) 882-2511

Crisis Hotlines

Missouri Crisis Line: 1-888-761-4357
or text assistance available by texting “HAND” to 839863.

National Suicide Prevention Lifeline: 1-800-273-8255 or chat at www.suicidepreventionlifeline.org.

The Trevor Lifeline: 1-866-488-7386 Trevor provides suicide prevention and crisis intervention for LGBTQ

Veterans Crisis Line: 1-800-273-8255: Press 1
Access chat at www.veteranscrisisline.net.
Or send text