Pets against Pandemics: A Medical Student-Led Wellness Initiative During COVID-19

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BACKGROUND: While social distancing throughout the COVID-19 pandemic, many of us relied on our pets for emotional support and companionship to lessen the feeling of isolation.

GOAL: Our aim was to use our pets to bring joy and happiness to our classmates and ourselves during the stress and uncertainty of the pandemic. We hosted weekly virtual meetings to connect with others and uplift spirits while sharing funny stories and showing off our four-legged friends.

RESULTS: As a final project, we compiled a video of our class’ furry companions. Please enjoy via the link below:

https://hscmediasite.unm.edu/mediasite/Play/e5776967cf674bf087f1a4202d24127b1d

FUTURE: Based on the positive feedback we received, we believe future medical school wellness initiatives should attempt to involve students’ pets in order to increase their enthusiasm and engagement.