

From: Married to Doctors <lara@marriedtODOctors.com>

Sent: Thursday, February 28, 2019 2:24 PM

Subject: Free Resources for Students and Family For Match Day



Hi!

This is Lara, the owner of Married to Doctors LLC, and the founder & host of the Married to Doctors podcast, a show with over 115K downloads and 260 5-star reviews on Apple Podcasts. I would love to share this free resource with your students and their partners as Match Day approaches!

Here are some of the episodes I think would be of great value to your students and their families:

PODCAST EPISODES

#11 [Avoiding Resentment Toward Your Spouse on the Medical Journey](#)



#12 [What if We Don't Match?](#)



#13 [Taking Care of Yourself As A Doctor's Wife](#)



#15 [Adapting To A Difficult Residency Match](#)



#16 [HOW TO FEEL ROOTED IN A TEMPORARY HOME](#)

BLOG POSTS

[Preparing for Match Day](#)



[We're Moving Again...How to Deal with Relocation Depression](#)



4 Tips to Keep Positive When Married to A Doctor



If you look at [Apple Podcasts](#), you will see that I have over 260 five star ratings. Here are just a few of the reviews:

"I absolutely love that this podcast is a perfect mix of both the positives and negatives, the real-life experiences and the professional guidance all with a touch of humor and a lot of honesty. From the start of our medical journey in 2000, when my (now) husband began medical school, I have been hoping for a resource like this. There are simply too few like it for the couples who take on this profession and lifestyle. Since I began listening I have found so much peace in the shared experiences that have been discussed. Love it! Thank You!"-Cheryl

"I stumbled on to this podcast at the perfect time, as my husband has just matched into a general surgery residency 16 hours from home. Every single episode has spoken to emotions/questions I've had through the journey so far. I feel as though I've been equipped with so much armor from these 20 episodes and feel prepared to face the next battle in his medical journey (residency). So thankful for this resource!"-Nikki

I'm also including an audio clip for you to see what the show is all about.

Please consider sharing this email with students, student organizations, wellness specialists, and others working to improve the experience of all involved in the Match Day process.

Thank you so much, and if I can answer any questions, or be a resource in any way please let me know. My work has been with Kevin MD, Medscape, The White Coat Investor, and the AMAA.

Thank you,
Lara McElderry



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