Goal:

Residents learn to cultivate a lifelong capacity for well-being and resilience personally and professionally through formal and informal teaching of skills and attitudes to thrive at work through education, activities, and experiences.

Wellness Skills
CURRICULUM
FRAMEWORK

Core Wellness Skills Sessions
90 min every other month

- Overview and Intro: Stress Resilience and support for Burnout prevention: RISE and FMR resources

- Movement: Explore benefits of exercise for performance. Activity guided by movement experts: walking meditation, chi gong, outside when possible

- Sleep: Explore fatigue mitigation with Sleep Medicine expert. Activity: Body Scan, skills for helping sleep and fatigue

- Nutrition – Explore eating well in residency. Activity guided by health culinary medicine experts: Mindful eating, 7 Hungers, eating to digest and perform well

- Community Building –Engage in Self/ other empathy and compassion skills through teamwork at the Winter Blast

- Spring Retreat: Celebrate of the years hard work with residents and faculty, activities: games, nature hikes, food

- Topics are explored in a resident centered way focused on their well-being

- Flexibility is retained to add current topics impacting resident well-being as needed

G1 WELLNESS

G1 Orientation to wellness is annual at Charlson Meadows

G1 focused curriculum occurs at the same time as G2/G3 Behavioral Science and Wellness curriculums and includes well-being components.

- G1 Support Group is lead monthly Monday at noon downtown by RISE psychologist Mary Becker PhD.

- G1's join the Winter Blast and Spring retreat annually

ALL RESIDENTS   ARE A PART OF THE
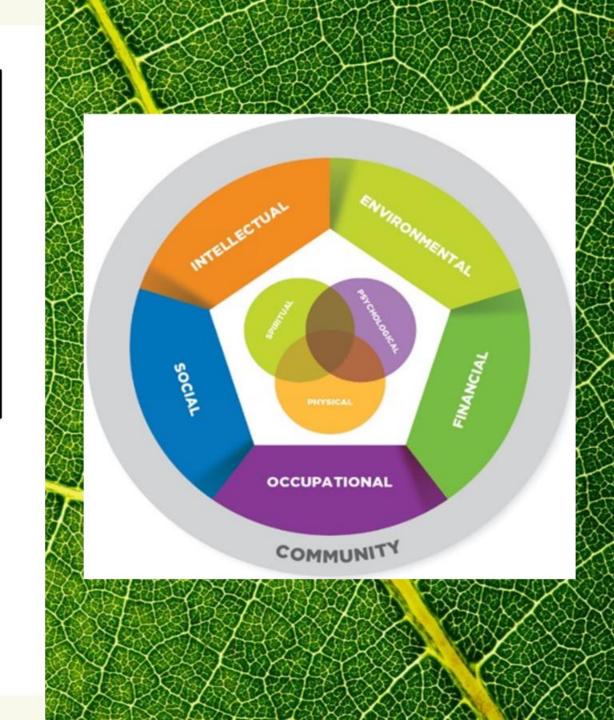**MONTHLY**   12:30 TO 1
WELLNESS LEADS RUN THE
"GREAT START"
PEER SUPPORT, REFLECTION,
MEANING, CONNECTION, AND
CELEBRATION MOMENTS

And participate in
"Tech Well-being Tips"
Once monthly

Wellness Self Care Plan

Spiritual Wellness

Social Wellness

Physical Wellness

Intellectual Wellness

Psychological Wellness

Occupational Wellness

Environmental Wellness

Financial Wellness

Wellness Wheel Self-Assessment