

**The first and only  
comprehensive online  
wellness curriculum  
specifically designed to  
help residents cope  
with the unique  
demands of the  
healthcare profession.**



CoreWellness™ provides residents with the knowledge and practical skills they need to manage stress and adversities typical of medical training programs. They will learn about burnout syndrome (BOS), improve resilience, and achieve self-awareness through proactive wellness and self-care measures. This comprehensive program helps residents better understand the impact stressors have on their cognitive, emotional, and physical well-being. CoreWellness™ provides information to help residents not only survive their training, but to actually thrive and flourish.

The CoreWellness™ program consists of 19 online self-directed learning modules for residents in the following categories:

- Background Information (3)
- Skill Building Exercises (12)
- Self-Reflection (2)
- Simulated Resident Encounters (2)

Each module is approximately 25 minutes in length. Each module also has a group discussion component that helps reinforce

the knowledge and skills developed in the online modules and build trust and comradery amongst the residents.

There are also three additional online modules designed to help the department improve its wellness initiative. These include a step-by-step guide to design, implement, and sustain a wellness initiative and a detailed faculty facilitator guide to optimize discussions.

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# COREWELLNESS

## Resident Modules

- **Module 1: Introduction to the Program and Burnout** - Introduces the program and the definition of burnout, its etiology, prevalence, and consequences are provided.
- **Module 2: Wellness** - Describes the eight dimensions of wellness including physical, emotional, spiritual, social, intellectual, occupational, environmental, and financial.
- **Module 3: Resilience** – Describes how to improve resilience and the relationship between resilience and cognitive behavioral therapy.
- **Module 4: Mind Pulse Exercise** - Describes the A (adversity), B (beliefs), C (consequences) and builds awareness around thinking patterns.
- **Module 5: Emotional Temperature Exercise** - Instructs how to discover, analyze, and enhance self-awareness regarding events or stressors that trigger strong emotions.
- **Module 6: Thought X-Ray Exercise** - Identifies overly intense or counterproductive emotional/behavioral responses generated by cognitive distortions (thinking traps).
- **Module 7: Nucleus Beliefs Exercise** - Identifies deep-rooted core beliefs about oneself, others, the future, and the world.
- **Module 8: Gaussian Thought-Distribution Exercise** - Puts adversities in perspective by using a probability distribution to determine the likelihood of an event actually occurring.
- **Module 9: Positive Evidence Points (PEP) Exercise** - Demonstrates techniques to build self-esteem through positive self-affirmations, benchmark achievements, and positive feedback.
- **Module 10: The Mindful Healer** – Describes mindfulness exercises for challenging unhelpful beliefs using breathwork, progressive muscle relaxation, visualization, positive imagery, and yoga.
- **Module 11: Narrative Medicine Exercise** - Describes how writing, reflecting, and sharing patient stories can nurture empathy and compassion.
- **Module 12: Personal Mission-Statement Exercise** - Describes how creating a mission statement, regarding one’s overall purpose for going into medicine will increase meaning.
- **Module 13: Experiencing Gratitude Exercise** – Describes how savoring the good things in life and expressing gratitude on a daily basis increases well-being and decreases burnout.
- **Module 14: Conflict Resolution Exercise** - Demonstrates how to diffuse anger and begin the process of negotiation and problem solving.
- **Module 15: Resident Leadership** - Describes how residents can help lead the effort to build and maintain a culture of wellness within the department.
- **Module 16: Self-Assessment Tools** - Allows self-reflection and discovery through 27 self-assessment tools and questionnaires.
- **Module 17: Character Strength Tool** - Allows exploration of one’s greatest character strengths and teaches the importance of using them on a regular basis.
- **Module 18: First Simulated Resident Encounter** – Manage a case of a simulated resident with increasing feelings of frustration, irritability, and trouble sleeping who skips morning report.
- **Module 19: Second Simulated Resident Encounter** - Manage a case of a simulated resident who is struggling with work-life balance.

## Department Modules

- **Department Guide 1: Creating an Effective Wellness Initiative** - Describes a 10-step approach to design, launch, and sustain a wellness initiative including needs assessments, budgets, ROI calculations, and metrics.
- **Department Guide 2: Wellness Program Examples** - Provides information about 12 of the top evidence-based wellness programs in the United States.
- **Department Guide 3: Faculty Facilitator's Discussion Guide** - Teaches faculty to effectively facilitate discussion groups following each online CoreWellness module.