



## Wellbeing for Physicians-in-Training Coping with the Unique Demands of Healthcare

***CoreWellness™*** is the first **comprehensive, standardized, online wellbeing curriculum** designed to provide trainees with the practical skills they need to manage stress and adversities typical of medical training

### **Learners will:**

- Identify the impact of stressors on cognitive, emotional, and physical wellbeing
- Practice skill-building exercises that improve resilience
- Increase training in proactive, self-care measures

### **CoreWellness includes:**

- 19 online, self-directed learning modules (including 12 on skill building) that cover evidence-based strategies (See back)
- Facilitator's Guide to optimize group discussions that reinforce knowledge, build trust, empathy and comradery
- Two Leadership modules, including a step-by-step guide to design, implement, and sustain a **Culture of Wellbeing**

### **The CoreWellness Advantage**

- ⇒ **Comprehensive topics all in one program**
- ⇒ **Standardized and repeatable each year independent of schedules**
- ⇒ **Easily integrated into existing activities**
- ⇒ **Research-defining best practices**



### **Collaborate on Research and Learning**

Be part of the CoreWellness Collaborative for Research & Learning (CWC-RL), led by Catherine Florio Pipas, MD, MPH, CaseNetwork's Chief Wellness Officer and Professor, Geisel School of Medicine, Dartmouth

The CWC-RL was created to share practices, data and metrics. We are committed to advance the wellbeing of our members by:

- Highlighting the implementation strategies of *CoreWellness* Users
- Sharing and analyzing data on knowledge skills, attitude, satisfaction and completion
- Publishing scholarly findings
- Conducting **bimonthly wellbeing webinars**

To Learn More about *CoreWellness™*

Contact Number: 800-654-1745, X106 ● Email: [kjacobson@casenetwork.com](mailto:kjacobsen@casenetwork.com) ● Website: [www.casenetwork.com](http://www.casenetwork.com)



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### Evidence-Based Wellbeing Strategies

- 1. Mind Pulse Exercise (Cognitive Behavioral Therapy Basics)**  
Introduction to detecting thinking patterns (ABCs)
- 2. Emotional Temperature Exercise (Emotional Intelligence)**  
Self-awareness of stressors and adversities that trigger strong emotions.
- 3. Thought X-Ray Exercise (Cognitive Reframing)**  
Understand counterproductive behavioral responses generated by cognitive distortions.
- 4. Nucleus Beliefs Exercise (Resilience Building)**  
Detect deep-rooted beliefs of oneself, others, the future, and the world.
- 5. Gaussian Thought-Distribution Exercise (Stress Management)**  
Put things in perspective to determine the likelihood of events occurring.
- 6. Positive Evidence Points Exercise (Self-Confidence)**  
Build self-esteem through positive self-affirming statements, documenting benchmark achievements and positive feedback.
- 7. Mindful Healer Exercise (Mindfulness)**  
Eliminate unhelpful beliefs using breathwork, progressive muscle relaxation, visualization, meditation, and yoga.
- 8. Narrative Medicine Exercise (Narrative Writing)**  
Sharing patient stories to nurture empathy and compassion.
- 9. Personal Mission-Statement Exercise (Prioritizing Purpose)**  
Describe one's overall purpose and day-to-day meaning for going into medicine.
- 10. Experiencing Gratitude Exercise (Appreciative Inquiry and Gratitude)**  
Helps savor the good things in life and express gratitude on a daily basis.
- 11. Conflict Resolution Exercise (Conflict Management)**  
Understand and diffuse anger, problem solve, and resolve conflict.
- 12. Leadership Exercise (Leadership Training)**  
Teaching medical students to be leaders in an institutional wellness initiative.

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