

MINDFUL STEPS

6-Week 'Healthy Healers' Series



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Mondays: 12pm-1pm, Online Mindfulness Course

September 20: Intro to Mindfulness
September 27: Fundamentals of Mindfulness
October 4: Embodied Mindfulness
October 11: Communication and Compassion
October 18: Mindfulness and Resiliency
October 25: Mini Retreat

Series Objectives

Following this series, participants should be able to:

- Implement a toolbox of mindfulness techniques
- Recognize the fundamentals of stress resilience to improve personal well-being, job satisfaction, and attitudes towards patient care
- Develop mind/body connection skills
- Improve personal and professional quality of life

Course Description

The results of consistent mindfulness practice changes our relationship to stress, lessens reactivity, enhances sleep, and increases resiliency. This six-week series will cover a variety of mindfulness-based techniques and exercises aimed at combatting burnout, improving stress response, and enhancing overall quality of life.

Target Audience

The Mindful Steps series is for all residents, faculty, and staff of West Virginia University and WVU Medicine.

Continuing Medical Education

The West Virginia University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of **6 AMA PRA Category 1 Credits**™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing Education

This continuing education activity has been provided by the West Virginia University School of Nursing for 7.2 contact hours. The West Virginia University School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule §19CSR11-4 under provider number 50-26086.

Disclosure:

All those in a position to control content have indicated they have no relevant interests to disclose.

Contact Anthony.Danko@hsc.wvu.edu to register or receive the weekly mindfulness recordings.