

This four-semester mental wellness program is designed to align with the stress points in the curriculum, progressively building on foundational skills and applying them in increasingly complex scenarios. By the end of the program, students will have a robust set of tools and strategies to maintain their mental wellness throughout their academic journey and into their professional careers.



Semester 1: Foundations of Mental Wellness

Time Management

WEEK 1 OR BEGINNING OF TERM

Groups / 01. Health Care Professionals / Assign Content

Run Time: 35m



- 
Setting Priorities
 Session 30m Recovery
- 
Setting SMART Goals
 Session 5m database.categories.Time Mgmt

Stress Reduction

WEEK 4 OR BEFORE FIRST EXAM

Groups / 02. Health Care Professionals / Assign Content

Run Time: 25m


- 
Relaxation
 Session 15m Relaxation Adult Anxiety
- 
Mindfulness Tips
 Session 10m Student Anxiety

Performance Anxiety

WEEK 8 OR BEFORE SCENARIO 1

Groups / 03. Health Care Professionals / Assign Content

Run Time: 25m



- 
Facing Fears
 Session 15m Adult Anxiety
- 
Deep Breathing
 Session 10m Adult Anxiety

Understanding the Brain

WEEK 12 OR BEFORE SCENARIO 2

Groups / 04. Health Care Professionals / Assign Content

Run Time: 25m



- 
The Cognitive Response System
 Session 15m Student Anxiety
- 
Unhelpful Thoughts
 Session 10m Student Anxiety

Better Sleep

WEEK 16 OR BEFORE FINALS

Groups / 05. Health Care Professionals / Assign Content

Run Time: 22m

- 
Meditation for Intrusive Thoughts
 Mindfulness Exercise 11m Mindfulness Library
- 
Letting Go
 Mindfulness Exercise 10m Mindfulness Library

Semester 2: Coping Mechanisms and Support Systems

Stress Reduction




WEEK 1

Groups / 06. Health Care Professionals / Assign Content

 Run Time: 30m




Guided Imagery

 Session  20m  Student Anxiety



Deep Breathing

 Session  10m  Adult Anxiety

Relaxation




WEEK 8 OR BEFORE SCENARIO 2

Groups / 08. Health Care Professionals / Assign Content

 Run Time: 19m



Progressive Muscle Relaxation

 Session  15m  Student Anxiety



Breathe in Peace and Energy

 Mindfulness Exercise  4m  Mindfulness Library

Sleep/Rest

WEEK 16 OR BEFORE FINALS

Groups / 09. Health Care Professionals / Assign Content

 Run Time: 30m



Getting Stuck in Our Thoughts

 Session  25m  ACT



Meditation for Restful Sleep

 Mindfulness Exercise  5m  Mindfulness Library

Time Management Challenges




WEEK 4 OR BEFORE SCENARIO 1

Groups / 07. Health Care Professionals / Assign Content

 Run Time: 20m





Challenging Thoughts

 Session  15m  Challenging Thoughts  Student Anxiety



Addressing Time Management Challenges

 Session  5m  database.categories.Time Mgmt

Acceptance/Self-Compassion

WEEK 12

Groups / 14. Health Care Professionals / Assign Content

 Run Time: 34m






Acceptance

 Session  20m  Acceptance  ACT






Fast Facts About Imposterism

 Session  6m  Imposterism



Strategies to Address Imposterism

 Session  8m  Imposterism

Semester 3: Clinical Practice and Mental Health

Communication/Perfectionism

WEEK 1 OR BEGINNING OF TERM

Groups / 10. Health Care Professionals / Assign Content

🕒 Run Time: 29m



Different Types of Communication

▶ Session ⌚ 18m 📁 Relationships



Overcoming Perfectionism

▶ Session ⌚ 11m 📁 Miscellaneous

Emotional Labor

WEEK 4

Groups / 11. Health Care Professionals / Assign Content

🕒 Run Time: 27m



Understanding and Avoiding Drama in Relationships

▶ Session ⌚ 12m 📁 Relationships



Primer on Trauma

▶ Session ⌚ 15m 📁 Miscellaneous

Burnout Prevention

WEEK 8

Groups / 12. Health Care Professionals / Assign Content

🕒 Run Time: 20m



Social Support

▶ Session ⌚ 10m 📁 CBT



Sources of Well-Being

▶ Session ⌚ 10m 📁 BA

Strengths

WEEK 12

Groups / 13. Health Care Professionals / Assign Content

🕒 Run Time: 33m



Strengths

▶ Session ⌚ 30m



Mindful Awareness Exercise

👉 Mindfulness Exercise ⌚ 3m

Grief and Loss

WEEK 16

Groups / 20. Health Care - Grief and Loss / Assign Content

🕒 Run Time: 25m



Improving Awareness and Understanding

▶ Session ⌚ 15m



Feeling Log

📁 Practice Logs



Recognizing Depression Traps

▶ Session ⌚ 10m 📁 BA

Semester 4: Transition to Professional Practice

Communicating Clearly

WEEK 1 OR BEGINNING OF TERM

Groups / 15. Health Care - Communicating Clearly / Assign Content

 Run Time: 32m



Communication Strategies

 Session  20m  Relationships



Loving Kindness Meditation

 Mindfulness Exercise  12m

Problem-Solving Model

WEEK 4

Groups / 16. Health Care - Problem Solving Model / Assign Content

 Run Time: 40m



Problem Solving Model

 Session  25m  Relationships



Flow

 Session  15m  BA

Values

WEEK 8

Groups / 17. Health Care - Values / Assign Content

 Run Time: 47m




Defining Your Values

 Session  45m  ACT



States of Flow

 Mindfulness Exercise  2m

Loneliness




WEEK 12

Groups / 18. Health Care - Loneliness / Assign Content

 Run Time: 28m




Finding Your Happy Place

 Mindfulness Exercise  6m  Mindfulness Library



Overcoming Loneliness

 Session  11m  Relationships



Letting Go

 Mindfulness Exercise  10m  Mindfulness Library

The Real World




WEEK 16

Groups / 19. Health Care - Real World / Assign Content

 Run Time: 38m



Managing Anger

 Session  18m  Relationships



Physical Exercise and Sleep Habits

 Session  20m  Adult Anxiety