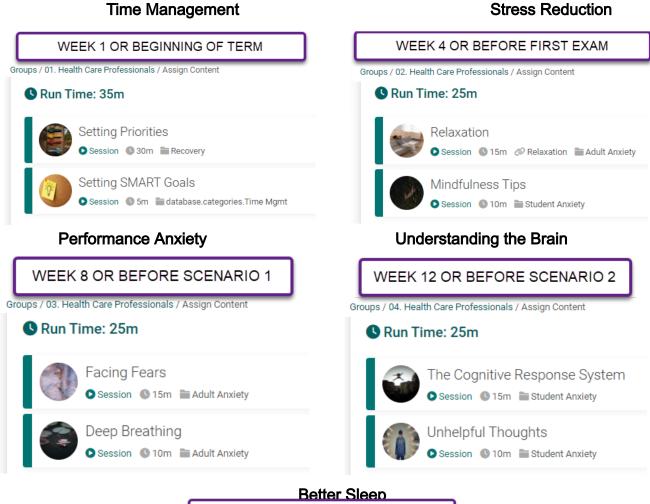
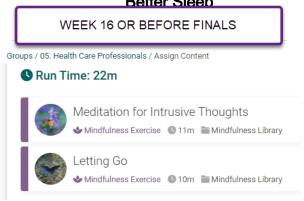


Building Mental Wellness for Health Professions Students

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.

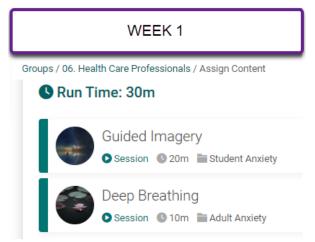
Semester 1: Foundations of Mental Wellness



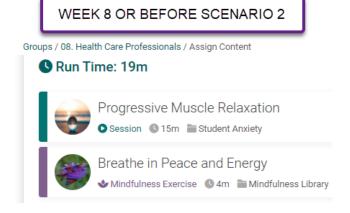


Semester 2: Coping Mechanisms and Support Systems

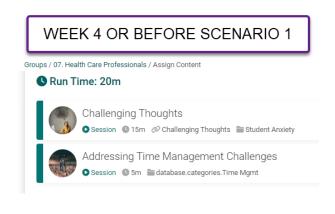
Stress Reduction



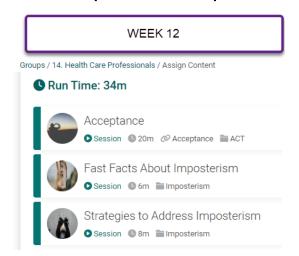
Relaxation



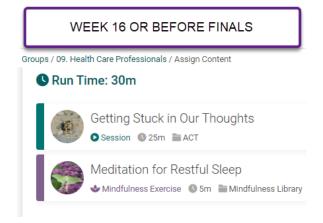
Time Management Challenges



Acceptance/Self-Compassion

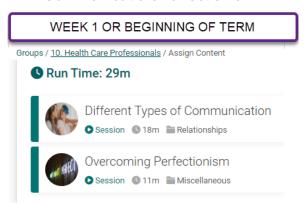


Sleep/Rest

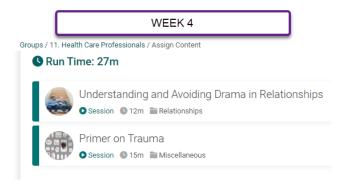


Semester 3: Clinical Practice and Mental Health

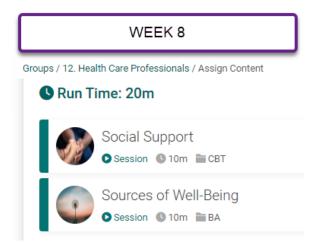
Communication/Perfectionism



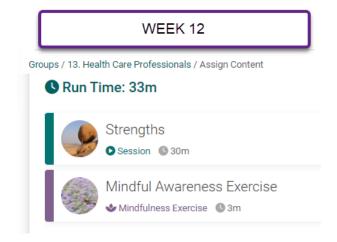
Emotional Labor



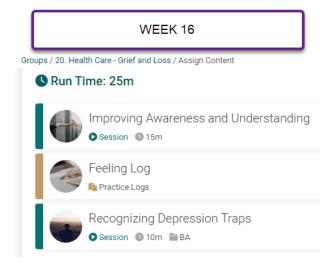
Burnout Prevention



Strengths



Grief and Loss

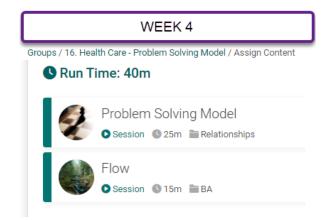


Semester 4: Transition to Professional Practice

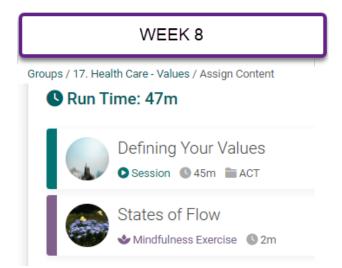
Communicating Clearly

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

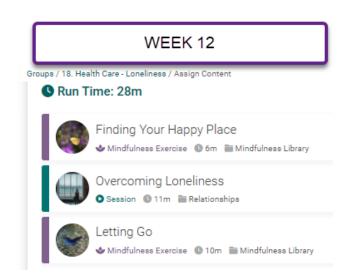
Problem-Solving Model



Values



Loneliness



The Real World

