Burnout is a critical issue among health professionals. Those experiencing burnout are more likely to develop alcohol abuse/dependence, and are at an increased risk of developing depression and suicidal ideation. Physicians die by suicide at two times the rate of the general population and have a depression rate of 39%. 24% of ICU nurses tested positive for symptoms of PTSD, and there is a 23-31% prevalence rate of emotional exhaustion among primary care nurses.

While much needs to be done at the organizational level to foster cultures of wellbeing, it is essential for individual healthcare professionals to cultivate their own personal wellbeing and resilience. This six-week, mobile-platform based foundational course builds the skills to do just that.

The course was developed with input from health care leaders and can be accessed anytime, anywhere - while going for a run, on the commute to work, or while relaxing at home. Approximately 45 minutes per week, self-paced.

Topics include:
- Surviving the Challenges of the Healthcare Environment
- Mindfulness for Wellbeing
- Lifestyle Change: How to Get Unstuck
- Working with Thoughts and Emotions
- Discovering Purpose, Meaning and Joy
- Relationships and Resilience

Listen to weekly presentations, develop skills on the job, participate in online discussions, receive weekly motivational emails, and more! Included are pre/post measures gauging stress, burnout, and resilience. The course also includes ideas for leaders to incorporate wellbeing and resilience into the culture of their department or organization.

To learn more about bringing this class to your organization or team, please contact Sue Nankivell, Director of Business Development and Community relations, at sue@umn.edu.