Performance Expectations:

At the conclusion of this workshop, participants will be able to:
- Describe the negative effects of over thinking and comparison
- Practice gratitude in a way that promotes wellness
- Nurture the meaningful social relationships that hold us up during times of stress
- Describe flow and practice mindfulness
- Identify exercise, sleep, and eating habits that promote resilience
- Describe ten tips of time management
- Identify two priorities for change and outline a strategy for how to make them regular habits

It is not the strongest of the species that survives, nor the most intelligent that survives. It is the one that is most adaptable to change.

Charles Darwin

Description:

This course features interactive modules on the following topics: optimism; the avoidance of over thinking and over comparing; developing a gratitude practice; the importance of relationships; the cultivation of flow and mindfulness; optimizing sleep, exercise, healthy eating, and time management; and setting goals and starting new habits. Physicians who have engaged in formal resilience training have demonstrated sustained changes in habits associated with wellness.

About the Presenter:

John Chuck, M.D. is the Chairperson of the Regional Physician Health & Wellness Leaders Group for The Permanente Medical Group. In addition to being a frequent speaker on physician health and wellness throughout TPMG, he has delivered wellness presentations to many other PMG regions. He has also been a featured speaker at national primary care and sports medicine conferences, the International Conference on Physician Health, the Alliance of Independent Academic Medical Centers, Providence Health’s GME Summit, and the Academic Surgical Congress. John is a graduate of the UCLA School of Medicine and the residency program in family and community medicine at the UC Davis Medical Center.

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Accreditation: The Northwest Permanente, PC, Department of Continuing Medical Education & Professional Development (NWP CME & Professional Development) is accredited by the Oregon Medical Association to provide continuing medical education for physicians.

Credit Designation: NWP CME & Professional Development designates this live CME activity for a maximum of 3.5 hours, AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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