

COM 2190 : Elective: Physician Wellness

This 1 week fourth year elective provides the learner an opportunity to explore and practice different modalities for maintaining wellness as a practicing physician.

Physician burnout and lack of wellness are known struggles for physicians, especially in a post-pandemic health care world. It is more important than ever for physicians to have a habit of self-care practices that can help lead to overall wellness.

Through this course, students will become familiar with various different modalities for wellness through practice and exploration. They will subsequently discover what wellness activities feel best for them and work best within the constructs of their life.

Credits 0.5