WELLNESS AND HEALTH (WH)

WH 0111 - Doctor, Patient, Chaplain: Intersections of Spirituality & Medicine
Credit(s): 1-6 Credits (Repeatable for credit)

WH 0112 - Wellness and Resiliency in Med School (WaRMS)
Credit(s): 1-6 Credits (Repeatable for credit)

WH 0113 - Mindfulness and Resilience Skills in Medicine
Credit(s): 3 Credits
The purpose of this course is to guide students through a 6-week mindfulness-based stress reduction (MBSR) program. MBSR is an evidence-based form of self-intervention that can aid with stress reduction. By the end of the course, students will be expected to develop a self-care plan for their four years in medical school.