

MINDBODYSTRONG

Offered by the Nevada Action Coalition
Funded by Governor's Office of Workforce Innovation (OWINN)

MINDBODYSTRONG™ is an evidence-based cognitive skills-building program launched by The Ohio State University College of Nursing. The goal of MINDBODYSTRONG™ is to improve resiliency and self-protective factors for the overall well-being of clinicians.

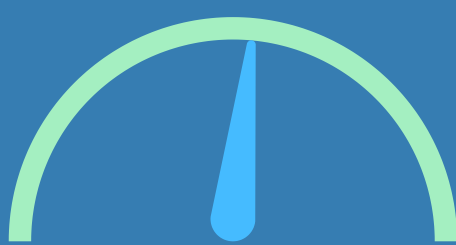


Prevalence of emotional exhaustion among primary care nurses Gomez-Urquiza et al, 2016

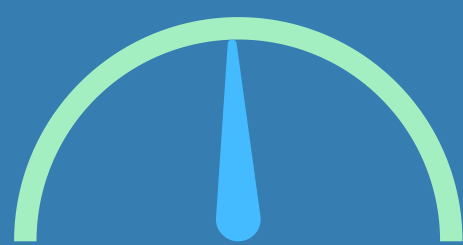
MINDBODYSTRONG™ consists of 7 weekly sessions aimed to improve overall mental and physical health and support positive adaptation to stress. The sessions provide in-between practice to establish and support the positive behavior patterns and are in a manualized format.

There are 16 research studies supporting positive findings in stress and burnout among participants. The MINDBODYSTRONG™ program emphasizes consistent use of evidence-based interventions and healthy lifestyle behavior for preventive lifestyle modifications to improve mental and physical wellbeing.

"Self-care is necessary for safe and great care of others."



400 PHYSICIANS COMMIT SUICIDE EACH YEAR, A RATE MORE THAN 2X THAT OF THE GENERAL POPULATION.
ANDREW & BRENNER, 2015



PHYSICIAN RATES OF DEPRESSION REMAIN ALARMINGLY HIGH AT 39%
SHANAFELT, 2015

The 7-Session Topics

1. Thinking, Feeling, and Behaving: What is the connection?
2. Self-Esteem and Positive Thinking/Self-Talk
3. Stress and Coping
4. Problem Solving & Setting Goals
5. Dealing with your Emotions in Healthy Ways through Positive Thinking and Effective Communication
6. Coping with Stressful Situations and Valuable Sleep
7. Pulling it all together for a Healthy YOU!

For information and upcoming class schedules email efildes@chamberlain.edu