

WELLB

Bite-sized Evidence-based Well-being Webinar Series

RECHARGING FROM PANDEMIC EXHAUSTION

Emotional exhaustion has never been higher in healthcare. The MHA Keystone Center and Duke Center for Healthcare Safety and Quality are continuing their partnership to offer additional bite-sized well-being courses for all Michigan healthcare workers.

12 SESSIONS/1 HOUR

Includes up to **12 hours** of CME/ANCC credit

**Recordings available to view/share after each live webinar.*

To enroll for the second iteration of the WellB series, visit: bit.ly/welldukesessions or scan the QR code:



AGENDA & TOPICS

NOV 17, 2022 - 12P.M. ET

Best Reset Button Available: The Science of Sleep with Tips and Tricks

Presented by Dr. J. Bryan Sexton

DEC 15, 2022 - 12 P.M. ET

Enhancing Well-being: Survival of the Kindest

Presented by Dr. J. Bryan Sexton

JAN 19, 2023 - 12 P.M. ET

Prevalence & Severity of Burnout: Looking Forward

Presented by Dr. J. Bryan Sexton

FEB 16, 2023 - 12 P.M. ET

Grief, Growth or Both?: A Primer on Recovery after Emotional Upheaval

Presented by Dr. Carrie Adair

MARCH 16, 2023 - 12 P.M. ET

Relationship Resilience: The Science and Practice of how Other People Matter

Presented by Dr. Carrie Adair

APRIL 13, 2023 - 12 P.M. ET

Bite-Sized Well-Being: Three Good Things

Presented by Dr. J. Bryan Sexton

MAY 18, 2023 - 12 P.M. ET

Signature Strengths at Work

Presented by Dr. J. Bryan Sexton

JUNE 15, 2023 - 12 P.M. ET

Bite-Sized Mindfulness: Being Present in an Age of Distraction

Presented by Dr. Carrie Adair

JULY 13, 2023 - 12 P.M. ET

Dealing with Difficult Colleagues: Assessing, Understanding, & Improving Teamwork

Presented by Dr. Kyle Rehder

AUG 17, 2023 - 12 P.M. ET

Neuroscience of Hope

Presented by Dr. J. Bryan Sexton

SEPT 14, 2023 - 12 P.M. ET

The Funny Thing about Well-being: Evidence for Humor

Presented by Dr. J. Bryan Sexton

OCT 19, 2023 - 12 P.M. ET

Evidence-based Sleep Hygiene: Advanced Insights on Rest for the Weary

Presented by Dr. J. Bryan Sexton

Participants are strongly encouraged to watch the WellB session recordings from the spring cohort to gain foundational knowledge of the topics covered in this series.

