



MBKU Wellness Development Certificate

Welcome to the Wellness Development Certificate Program. This program is open to any interested MBKU student looking to prepare for post-graduate professional life. It is designed for students who want to make targeted personal development efforts in several different competency areas. There is no application process for this program; however, students participating must be in good academic standing. Interested students may begin completing requirements at any time. All requirements are completed over the course of the entire academic program (2-4 years). Exceptions will not be made for students starting the certificate later in their academic program.

The Certificate begins with the self-assessment and ends with a final self-assessment to see how you've developed throughout the course. Students who have fulfilled program requirements are awarded a certificate of completion at their Graduation Awards event. Although the course itself is self-paced, please complete sections in numerical order - the content builds from top to bottom. Section 11 is the only one you can complete at any time, as it involves attending events.

The best way to treat burnout is to prevent it from occurring. This course provides a framework for establishing and maintaining a well-balanced life that includes self-care in the lives of health care students and student providers. The purpose of this Certificate is to create a space where we make wellness a part of our everyday lives. During each session, you will complete the activities and reflect on how you feel because of your practice. Our goal is for each of you to make a commitment to complete this course and do it for no one other than yourself because you are worth it, and you deserve it.

MBKU makes mental health support services available. Find more information within the [Student Achievement Center Moodle course](#). A caring community watches out for one another by saying something when they see something concerning. Use the [Report a Concern form](#) if you think a student or colleague might be in distress so that we may connect them with the resources to provide support. Additionally, there are national hotlines and text lines:

- National Suicide Prevention Lifeline - Dial OR Text 988 - 24/7 free and confidential support for prevention and crisis resources for you or someone you believe to be in distress. Don't want to call/text? You can confidentially chat with them instead!
- National Crisis Textline – Text “HOME” to 741741 for 24/7 crisis support from trained staff

Students who have fulfilled program requirements will have their name designated in their Commencement ceremony program and receive a digital completion badge. The digital badges may be displayed as part of their email signature and any personal social media account. **The deadline to have everything completed is at least 8 weeks before your commencement ceremony.**

Certificate Goals

The program is designed to teach students to:

1. Identify the signs and symptoms of burnout in self and others.

2. Establish a foundation of wellness through improving patterns of behavior.
3. Utilize at least two higher-level skills to maintain and enhance wellness and self-care.

Program Components

There is no application process for this program; however, it is assumed that students on Academic Warning or Probation and/or Professional Warning or Probation focus their efforts solely on regaining "Good Standing" status.

Interested students may begin completing requirements at any time. The Microcredential begins with the self-assessment and ends with the final assessment. Although the course itself is self-paced, please complete sections in numerical order - the content builds from top to bottom.

Section 1 – Introduction: Preventing Burnout

- Listen to the Preventing Burnout podcast
- Read the article specific to your profession on burnout
- Engage in discussion on the topic of burnout by responding to each question prompt and, if available, responding to at least one of your peers' posts for each question
- Complete and submit the stress inventory to give you some insight into your potential stress levels

Section 2 – Foundation: Building Awareness of Patterns & Behaviors in Self-Care

- Listen to the Building a Foundation podcast
- Complete the Self-Care Basics worksheet by tracking your sleep, nutrition, and exercise over one week
- Choose one area of self-care that you would like to improve and track it for an additional week on your own
- Complete the reflection after a week of practiced improvement

Section 3 – Adding to the Foundation: Accumulate the Positives

- Listen to the Accumulate the Positives podcast
- Over one week, complete and turn in the Accumulate the Positives Tracker
- Complete the Accumulate the Positives reflection after your week of tracking
- Continue to monitor and improve your self-care basics on your own using the Self-Care Basics worksheet

Section 4 – Adding to the Foundation: Differentiating "Have To" vs "Want To"

- Listen to the Differentiating the "Have To" vs "Want To" podcast
- Over one week, complete and turn in the Have To vs. Want To worksheet
- Complete the reflection after your week of tracking
- Continue to monitor and improve your self-care basics and accumulating the positives on your own using the worksheets

Mid-Course Stress Assessment Inventory

Section 5 – Higher-Level Skills: Catastrophic Thinking & the Anxiety Side Effect

- Listen to the Catastrophic Thinking and the Anxiety Side Effect podcast
- Complete and turn in the Awful Scale worksheet
- Complete the reflection after your week of practiced improvement

Section 6 – Higher-Level Skills: Self-Compassion

- Complete the pre-module self-reflection
- Listen to the Self-Compassion podcast and watch The Three Components of Self-Compassion video
- Complete and turn in the Extending Kindness worksheet
- Complete the reflection after your week of tracking

Section 7 – Higher-Level Skills: Mindfulness & Meditation

- Listen to the Mindfulness & Meditation podcast and watch the Big Think video
- Complete and turn in the Practicing Mindfulness worksheet
- Complete the reflection after your week of tracking

Section 8 – Higher-Level Skills: Distress Tolerance

- Listen to the Distress Tolerance podcast
- Watch The Power of Nature video
- Complete the self-soothing activity
- After one week of tracking, complete the reflection

Section 9 – Higher-Level Skills: Building & Maintaining Personal Relationships

- Listen to the Interpersonal Relationships podcast
- Read the accompanying 2 articles
- Engage in the online discussion on the topic of interpersonal relationships by responding to each question prompt
- Schedule time this week to meet with a friend; take note of your mood before and after the interaction
- Complete the reflection

Section 10 – Higher-Level Skills: Resilience: How to Bounce Back

- Listen to the Becoming Resilience podcast
- Read the accompanying article
- Go back and review previous course material; take note of your personal growth
- Complete the reflection

Section 11 – Practice: Attend Stress Recess Events

- Attend a Stress Recess Event (#1)
- Attend a Stress Recess Event (#2)
- Attend a Stress Recess Event (#3)

Final Stress Assessment Inventory & Microcredential Feedback Survey

All requirements must be complete at least 8 weeks prior to your commencement ceremony.