

Wellbeing for Health Professionals

Dates: 24 January - 27 March, 2022

Location: [Online](#)

Instructors

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Teaching Assistants

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Description

Wellbeing for Health Professionals is a course designed to help those who are experiencing challenges related to their wellbeing and sustainability in their work. The course introduces the concept of wellbeing, clarifies its importance, and details how it intersects with one's work. It also presents a refined, practical methodology for advancing wellbeing in individuals.

At the core of the program is the Wellbeing Practice—a methodology that increases one's wellbeing and grounds them more deeply in the work that they do. This approach was developed in collaboration with Perennial, a community-based leadership non-profit organization in Seattle. University of Washington faculty, Britt Yamamoto, PhD, and Izumi Yamamoto, MA are course instructors and co-founders.

The course is intended as a practical intervention to expand professionals' capacities for being present, to increase their wellbeing, and to reverse the alarming negative patterns of disillusionment and burnout that are experienced by workers in the healthcare sector. Participants will learn new perspectives, skills, and tools, including how their physical and emotional states are influenced by external stimuli. They will acquire a new language for understanding patterns of behavior. All participants will complete the course with a Wellbeing Practice that is designed uniquely for them and their circumstances.

Complete the [course policies quiz](#) to ensure your understanding of course requirements and expectations.

Target Audience

Participants are from countries around the world and include health care workers, early to mid-career clinical and public health managers, and program directors. Participants completing all assignments are awarded a *Certificates of Completion* from the University of Washington in Seattle, Washington, USA.

Learning Objectives

After completing this course, you will be able to:

- Explain the purpose of wellbeing and the impact it has on your work and life.
- Identify key factors that contribute to workplace burnout and sustainability.
- Create and implement a personal wellbeing practice.
- Develop strategies for refining your wellbeing practice and continuing your commitment to the practice as circumstances in their lives change.
- Connect your Wellbeing Practice to the larger socio-cultural, political, and professional contexts in which you work.

Format

This is a self-paced, online, modular course divided into **9 weeks**, with one week for an introduction.

Participants are expected to review the pre-recorded weekly lectures; complete activities, reflection questions, and readings; and participate in discussion via the Discussion Board.

Unique to this course, participants will need to build time into their weekly schedule for engaging in wellbeing practice activities. Starting in **Module 3** participants will begin a breath practice for 5-minutes at least once a day. Following **Module 5**, they will also incorporate a personal wellbeing practice into their daily lives.

Most participants will also meet with a local study group that is led by a site facilitator. This is meant to increase opportunities for discussion about the relevance of the material to the local setting. Completion of a final course assessment (course evaluation) is required for successful completion of the course. Participants will receive the Certificate of Completion upon confirmation from the site facilitator that all course requirements have been met.

This course will be delivered entirely online through a course management system named Canvas.

If you have any questions, please look at the [course FAQ](#). If your question isn't answered there, please post your questions in the [technical support forum](#).

Materials

All reading materials for this course are provided, in PDF form, or by linking to online sources.

Assignments and Expectations

To be successful in the course you will need to complete all of the learning activities listed above.

To receive a *Certificate of Completion* from the University of Washington, USA, you must pass the course, which means getting a **final score of 70% or higher on all graded activities**. Your final score is calculated as:

- **Wellbeing Practice Journal (WPJ) (50%):** As you watch the videos and engage with course materials each module, you will be asked guiding questions to help you to reflect and make connections with how wellbeing and burnout impact your own personal life. You can download the journal [here](#). This journal will be turned in **two times during the course** for a grade—at the end of **Module 3 and Module 9**.
- **Discussion Board (10%):** Discussion questions allow students to reflect on the topic and learn from other students. Each discussion post is worth **1 or 2 points** and is **due the Sunday of the week that they are assigned at 11:59 pm PT**. While it is not required, it is recommended that you also respond to your classmates' posts—use this board as an opportunity to engage in meaningful discussion. Did something they say spark an idea or resonate with you? Let them know.
- **Quizzes (30%):** There are six quizzes that correspond to modules 2, 3, 6, 7, 8, and 9. **Each quiz is due** the Sunday of the week they are assigned at 11:59 pm PT.
- **Wellbeing Practice Log (5%):** This item is due at the end of Module 4.
- **Wellbeing Practice Inventory (5%):** This item is due at the end of Module 5.
- **Wellbeing Practice:** In addition to the activities above, participants are expected to build time into their weekly schedule for engaging in wellbeing practice activities. Starting in **Module 3** participants will begin a breath practice for 5-minutes, at least once a day. Following **Module 5**, they will also incorporate a personal wellbeing practice into their daily lives.

Grades are updated each time a grading session is completed—typically 7 days following the completion of an activity. You will see a visual indication of new grades posted on your Canvas home page under the link to this course.

Final Scores

Final scores for this course are based on the percentage of total points earned and are assigned as follows:

Status	Percentage	Performance
Complete	70-100%	Has met course expectations
Incomplete	0-69%	Has not met course expectations

Course participants who score 70% or higher will receive a Certificate of Completion from the University of Washington.

Course Completion

To receive a *Certificate of Completion* for the course, active participation is required. Detail on all assignments can be found on the course website and seen by clicking the "Modules" link located in the top left-hand side of the page. Active participation is defined as follows:

Assignments	Due	Points
If available to you, attendance at a local study group to discuss the relevance and applicability of the material to the local setting.	4 times throughout the course	75% attendance required (3 out of 4) sessions
Participation in online discussion board on the course website.	Weekly	10
Quizzes	6 times throughout the course	30
Wellbeing Practice Log	February 27	5
Wellbeing Practice Inventory	March 6	5

Wellbeing Reflection Journal	Due February 13 and March 27	50
Total		100

Late Work Policy

Assignments will be due at the end of each Module. If you are unable to submit your assignment by the due date, you may still submit it up to one week late without penalty. After the one-week grace period, the assignment will close and it can no longer be accepted for grading.

UW Disability Statement

The [Disability Services Office](#) aims to help make the UW community more accessible for all. If you are seeking accommodation for a permanent or temporary disability, contact edgh@uw.edu or dso@uw.edu for more information and assistance.

Commitment to Academic Integrity

As a student in this course, you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.

University of Washington's Academic Honesty Policy & Procedures

Plagiarism, cheating, and other misconduct are serious violations of your contract as a student. We expect that you will know and follow the UW's policies on cheating and plagiarism. Any suspected cases of academic misconduct will be handled according to UW regulations. More information, including definitions and examples, can be found at the [UW webpage](#).

Definitions

“Plagiarism is defined as the use of the words, ideas, diagrams, etc., of publicly available work without appropriately acknowledging the sources of these materials. This definition constitutes plagiarism whether it is intentional or unintentional and whether it is the work of another or your own, previously published work. Plagiarism is a very serious offense that the University of Washington does not tolerate.”

Enforcement

Corroborated reports of plagiarism, cheating, or other misconduct will result in no credit on that assignment and may result in suspension from the course and ban from participation in future courses.

Religious Accommodations

“Washington state law requires that UW develop a policy for accommodation of student absences or significant hardship due to reasons of faith or conscience, or for organized religious activities. The UW’s policy, including more information about how to request an accommodation, is available at [Religious Accommodations Policy](#). Accommodations must be requested within the first two weeks of this course using the [Religious Accommodations Request form](#).

Copyright Statement

All content associated with this course is copyrighted. This includes the syllabus, assignments, reading lists, and lectures, as well as any material generated by your fellow students. Within the constraints of "fair use", you may copy these materials for your personal use in support of your education. For example, you may download materials to your computer for study, but you may not copy the materials and distribute or upload to a website. Such “fair use” by you does not include further distribution by any means of copying, performance or presentation beyond the circle of your close acquaintances, student colleagues in this class and your family. If you have any questions regarding any use violates the creator's copyright interests, please feel free to email edgh@uw.edu.

Modules

Because this is a pilot offering, topics may change.

Course materials are available for download and viewing from the course website.

Module 1: Welcome to Wellbeing for Health Professionals

- Introducing Perennial
- Meet the instructors
- Meet the voices from our community
- Welcome and overview
- Soil building

Module 2: Importance of Wellbeing and Risk of Burnout

- Wellbeing: Why it matters
- Beyond self-care and work life balance
- What is the cost of burnout?
- Women and wellbeing

Module 3: Science of Wellbeing

- Science of wellbeing
- Becoming conscious of our states of being

Module 4: What is a Wellbeing Practice?

- Wellbeing practice basics
- Identify individual work habits and patterns
- Wellbeing tool #1: Breath, Part 1

Module 5: Tools for Wellbeing

- Wellbeing tool #1: Breath, Part 2
- Wellbeing tool #2: Movement
- Wellbeing tool #3: Connection
- Wellbeing tool #4: Compassion
- How to select an activity

Module 6: Designing Your Own Wellbeing Practice

- Selecting your own wellbeing practice
- Examples of wellbeing practice

Module 7: Not Losing Sight

- Where's your attention?
- Continuing the streak
- Understanding resistance
- Trauma and wellbeing

Module 8: Your Practice in Relation to the Larger World

- External obstacles and how to overcome them
- Letting go of guilt
- Importance of discipline
- Recommitting/reevaluating life choices
- Individual wellbeing to collective wellbeing

Module 9: Reflection and Continuation

- Reflecting back and looking ahead
- Wellbeing: Why it matters