**Wellbeing Workshop, April 14, 2023**

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| **Keynote presentations are 40 minutes, on average.**  **For Peer Reviewed Abstract Sessions, each presentation (in order listed) is about 10 minutes.** |
| **“Gratitude: A practice for wellbeing enhancement” by Carlie Nikel, PsyD**  Objectives:   * Review relevant data regarding the benefits of a gratitude practice on wellbeing * Identify at least two forms of a gratitude practice that one can incorporate * Engage in a gratitude practice then construct a strategy for regular use of gratitude   **To view Presentation:**  [**https://umkc.box.com/s/cxbh7ljy5d9onewy698s9hxcj9oflzir**](https://umkc.box.com/s/cxbh7ljy5d9onewy698s9hxcj9oflzir)  **To view PowerPoint:**  [**https://umkc.box.com/s/8a3gcihbdu134gm6cnyeinzz4vboslue**](https://umkc.box.com/s/8a3gcihbdu134gm6cnyeinzz4vboslue) |
| **Peer-Reviewed Abstract Session #1** **(4 abstracts)**  **To view 4 Presentations below:**  [**https://umkc.box.com/s/2gsomud0txl5r8x1r43hh9mpr429qd86**](https://umkc.box.com/s/2gsomud0txl5r8x1r43hh9mpr429qd86)  **“Residency Book Club”** by Stacey Algren, MD  **To view PowerPoint:**  [**https://umkc.box.com/s/jx69sv69mltvye959nnqkd6qynuwd02r**](https://umkc.box.com/s/jx69sv69mltvye959nnqkd6qynuwd02r)  **“Emergency Medicine Wellness Curriculum”** by Srikala Subramanian, MD; Terra Matthews, DO; Clinton Nelson, DO; James O’Brien, MD  **To view PowerPoint:**  [**https://umkc.box.com/s/4c13rwe4mv0us62a0goyecy7zihxa784**](https://umkc.box.com/s/4c13rwe4mv0us62a0goyecy7zihxa784)  **“Resident-run Wellness Committee to Foster Resident Wellness: Empowering Residents as Change Agents”** by Kavita Jadhav, MD; Ain Ejaz, MD; Johana Mejias-Beck, MD; Vinay Jahagirdar, MD; Noor Hassan, MD; Rawan Rajab, MD; Fouad Jaber, MD; Ifrah Fatima, MD; Ujjwal Madan, MD; Jason Egberuare, MD; Roopesh Jakulla, MD; Saqr Alsakarneh, MD; Brie East; David Wooldridge, MD.  **To view PowerPoint:**  [**https://umkc.box.com/s/iklh6lg0l0aftezsw45orqhyyi4wprsq**](https://umkc.box.com/s/iklh6lg0l0aftezsw45orqhyyi4wprsq)  **“Balancing Experiential and Evidence-based Wellness”** by Timothy Dellenbaugh, MD; Evan McKinnis, MD; Emilia Kaufman, MD  **To view PowerPoint:**  [**https://umkc.box.com/s/a7dvwl413vl9gwzmt7pwfa1rcl5nsyyh**](https://umkc.box.com/s/a7dvwl413vl9gwzmt7pwfa1rcl5nsyyh) |
| **“How to communicate my needs for win-win outcomes—leveraging principles of nonviolent/compassionate communication” by Geetha Kamath, MD, FACP, DABOM, DABLM**  Objectives:   * Describe the model of nonviolent (compassionate) communication * Articulate the relationship between needs and feelings * Identify a model of conflict resolution for win-win outcomes   **To view Presentation:**  [**https://umkc.box.com/s/a7frtp7o3gk9vk8cfumathhtfcva8lm1**](https://umkc.box.com/s/a7frtp7o3gk9vk8cfumathhtfcva8lm1)  **To view PowerPoint:**  [**https://umkc.box.com/s/y5iaz0f7g8sb34rqgh79qo4ak69xu0f9**](https://umkc.box.com/s/y5iaz0f7g8sb34rqgh79qo4ak69xu0f9) |
| **Peer-Reviewed Abstract Session #2 (4 abstracts)**  **To view 4 Presentations below:**  [**https://umkc.box.com/s/7uh3vump58ewhnwotrr1aogc2aet3fv6**](https://umkc.box.com/s/7uh3vump58ewhnwotrr1aogc2aet3fv6)  **“Learning Environment, Wellness, and Aversion of Burnout Module”** by Angellar Manguvo, PhD  **To view PowerPoint:**  [**https://umkc.box.com/s/ih2nh0bpnzgw2rw4aqy2j47zw0kona8i**](https://umkc.box.com/s/ih2nh0bpnzgw2rw4aqy2j47zw0kona8i)  **“Novel Curriculum Combines Wellness Education with Substance Use Disorder (SUD) Prevention”** by Mary Jeanne Roberts, CAA  **To view PowerPoint:**  [**https://umkc.box.com/s/ouozly5fsm0n5biz9ztnkp8md5ltkqnt**](https://umkc.box.com/s/ouozly5fsm0n5biz9ztnkp8md5ltkqnt)  **“Wellness Through Service: Defining Your Why”** by Stefanie Ellison, MD  **To view PowerPoint:**  [**https://umkc.box.com/s/ricphmg630tk269fanw19dxffz0sevvx**](https://umkc.box.com/s/ricphmg630tk269fanw19dxffz0sevvx)  **“Physician Peer Support”** by Srikala Subramanina, MD; Carlie Nikel, PsyD  **To view PowerPoint:**  [**https://umkc.box.com/s/rq8hockek0p5nt3zgtjtfkam3kb993xj**](https://umkc.box.com/s/rq8hockek0p5nt3zgtjtfkam3kb993xj) |