



Mental Agility for Extreme Times: Wellness in the Era of COVID-19

Internet Enduring

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Target Audience:

This presentation is intended for physicians, advanced practice providers, and other clinicians.

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Commercial Support:

There is no commercial support for this educational activity.

Gap/Purpose: Mental and emotional agility is essential in uncertain and complex times. The COVID-19 pandemic has created unprecedented uncertainty and stress, leaving many clinicians with the feeling of loss, grief, distress and confusion in recent months. This activity will address how to approach complexity and chaos through emotional and mental agility and how to practice self-care and maintain wellness amidst uncertainty.

Objectives: At the conclusion of this activity, the participant will be able to:

ACCME Objectives

1. Describe the concept of agility.
2. Discuss the concept of “three marriages”.
3. Summarize the framework for the theory of well being within the school of positive psychology.
4. Identify a coping strategy to promote their own well being in a time of crisis and uncertainty.

CME – ACGME/ABMS Competencies

1. Professionalism
2. Interpersonal and Communication Skills

ANCC Learning Outcomes

1. Describe the concept of agility.
2. Discuss the concept of “three marriages”.
3. Summarize the framework for the theory of well being within the school of positive psychology.
4. Identify a coping strategy to promote their own well being in a time of crisis and uncertainty.

ANCC – IOM Competencies

1. Employ evidence-based practice

Participation and Credit:

Participants are expected to review all content in the video, access reference materials as needed for additional self-directed learning, take and score 70% or greater correct on the post test, and complete the evaluation in order to earn *AMA PRA Category 1 Credit(s)*[™], or nursing contact hour(s).

There are no fees for participating in or receiving credit for this online educational activity. For information on applicability and acceptance of credit for this activity, please consult your professional licensing board.

Contact:

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