CaseNetwork Wellbeing Expertise

Jeffrey Levy, MD
CEO and Founder, CaseNetwork
• Developed 14 online psychology and wellness curricula over the last 20 years
• Author of CoreWellness: A Physician Wellness Program
• Internationally recognized expert in e-learning
• Previous Medical Director for the University of Pennsylvania; Vice-Chair, Resident Director, and Medical School Director at Albert Einstein Medical Center
• Physician (Ob/Gyn)

Catherine Pipas, MD, MPH
Chief Wellness Officer, CaseNetwork
• National and international lecturer on wellness
• Author of A Doctor’s Dozen: 12 Strategies for Personal Health and a Culture of Wellness
• Previous Assistant Dean, Vice Chair, Chief Clinical Officer, & Director of Education and Research at Dartmouth
• Administrative Board of the Association of American Medical Colleges (AAMC), STFM Board of Directors
• Physician (Family Medicine)
The CoreWellness Index (CWI) is a comprehensive assessment tool that assesses 8 domains of wellness and is specifically designed for healthcare students and professionals.
CoreWellness Institution Report

Average Scores

- Emotional: 3.7
- Environmental: 3.6
- Financial: 3.5
- General: 3.8
- Intellectual: 4.1
- Occupational: 3.4
- Physical: 3.3
- Social: 3.7
- Spiritual: 3.8

Program Completion Status

- Completed
- Incomplete
- Not Started

462

Completed 456 (99%)

All Users | Users Completed | Users in Progress | New Program Complet... | Average Progress | Average Days to Comp...
---|---|---|---|---|---
462 | 456 | 3 | +1 | 99 % | 3.02
The CoreWellness® curriculum is designed to improve the wellbeing of healthcare students, trainees, and faculty by increasing their knowledge, skills, and attitudes utilizing evidence-based wellbeing strategies.

Do you keep up with new knowledge and pursue career goals.
CoreWellness helps reach the most vulnerable individuals with severe burnout, depression, and anxiety who may never seek the mental health professional treatment they need.

The CoreWellness© curriculum is designed to improve the wellbeing of healthcare students, trainees, and faculty by increasing their knowledge, skills, and attitudes utilizing evidence-based wellbeing strategies.

32 Challenges/Exercises

36% seek treatment

64% go untreated
Introduction to the Program

8 Domains of Wellbeing
Wellbeing has 8 domains that are important. Tap each domain below to get a brief description.

Wellbeing Strategies
As part of your learning journey, you will complete 32 interactive exercises based on the following evidence-based wellbeing strategies:
» Resilience building
» Mindfulness
» Emotional intelligence
» Cognitive behavioral therapy (CBT) and cognitive reframing
» Appreciative inquiry and gratitude
» Work-life balance
» Prioritizing purpose
» Conflict resolution
» Leadership
» Narrative medicine (story telling)

Wellness Coach Introduces Emotional Wellbeing
If this is your first Emotional Wellbeing challenge, click on the arrow below to review the introduction video by your Wellness Coach -- Dr. Catherine Florio Pipas

PRE SURVEY
To what degree are you knowledgeable about identifying and rating your emotions?

A 5. Extremely

B 4. Very

C 3. Somewhat

D 2. Not very

E 1. Not at all
Emotional Temperature Exercise

Emotional Temperature Intensity Scale

You will rate your emotions on the following scale:

- 5: Very strong and I need help dealing with this emotion
- 4: Strong and somewhat distracting
- 3: Noticeable, but not interfering
- 2: Slightly noticeable, but easily ignored
- 1: No distress, or I didn’t have this emotion last week

Your Results

<table>
<thead>
<tr>
<th>Emotions</th>
<th>Rating</th>
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<tbody>
<tr>
<td>Anger</td>
<td>5</td>
</tr>
<tr>
<td>Annoyance</td>
<td>3</td>
</tr>
<tr>
<td>Rage</td>
<td>3</td>
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<tr>
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Explore Your Emotions

You selected the emotion below:

Anger

Click the arrows below to fill out the requested information for this intense emotion.

Stressor
Date and Time
Thoughts

Thinking

Can you remember what you were THINKING when you experienced anger within the last week?

Thoughts.
Exercise Reinforcement

**Your Reflections**

- **Most problematic Emotion Last Week**
  - Anger

- **Describe Adversity/Stressor Experienced**
  I had a conflict with a colleague where he accused me of not seeing a patient.

- **Capture the Date and Time of the Emotion**
  Monday - Evening

- **Capture Thoughts Related to Your Emotion**
  I was thinking that he has some real nerve questioning my honesty and integrity! These are such core values of mine that have been instilled in me since I was a child.

**Virtual Colleagues**

**Virtual Colleague’s Results**

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**Wellness Coach Reflects on Virtual Colleague’s Challenge**

We need to express, to emote, and when necessary, process emotions with the help of colleagues. Otherwise, our own wellbeing is adversely impacted.
Sustained Learning and Results

Learner Reflections
- I need to prioritize my wellbeing.
- I am not feeling alone anymore.
- I can deal with my emotions in a healthier manner.
- I now understand the value of cognitive reframing.
- Sometimes I feel like I don’t belong, but the virtual colleague perspectives were refreshing.
- SMART Goals will help me tackle my distracting emotions.
- My beliefs are the links between my adversities and consequences.
- I better understand my triggers which will help me cope.
- My emotions are valuable in understanding who I am.
- I learned to value what I have.
- I feel comfortable analyzing the cause of my emotions.
- Other people struggle with anxiety too.
- Challenging my beliefs can have a huge impact!
- Understanding my emotions will improve my patient care.
Creating a Culture of Wellness Summary

- **Ongoing Wellness Assessment**
  - CoreWellness Index (Individual and organizational levels)

- **Core Curriculum to Fill Gaps**
  - Curriculum directly tied to the CoreWellness Index
  - Standardized, repeatable, comprehensive, and personalized

- **Reports to Track Outcomes**
  - Individual completion data reports
  - CoreWellness Index every 6 months
  - Knowledge, skills, and attitude reports after each exercise

- **Complementary Program**
  - Complementary with other wellness initiatives

Wellness Events

Check-In Programs

EAPs

Counseling
Additional Resources Provided

• Implementation strategy session with Dr. Cathy Pipas
• Facilitator’s Guide for small group discussions
• CoreWellness Collaborative for Research and Learning – monthly discussions about best practices and challenges with many of the institutions utilizing CoreWellness