



developing social activities. These interactive events and discussion resources

• Self-Care Mini but Mighty Skill for Well-being - Dr. Charlene Dewey discusses and demonstrates self-care strategies for enhancing resilience and wellness (CME focus on Signs in the Body) medicine efforts. For example, these materials could inform didactic facilitated discussion sessions, informal chats, social media posts, and well-being pauses.

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• Professional Health and Wellness Mini-Portfolio - to help you reflect on, document current practices, and envision activities and behaviors that promote self-care and



Self-compassion.org - meditation and exercise techniques to help you with self-compassion, being kind and understanding when confronted with personal failings.

• GW School of Medicine and Health Sciences Office of Integrative Medicine and psychology