



The UC Center for Integrative Health and Wellness is expanding its educational offerings and plans to add additional courses each year. The Center has partnered with the College of Allied Health Sciences and Arts & Sciences to develop a Certificate in Integrative Health and Wellness. More information on the Certificate can be found [here](#). The course below is currently being offered every semester and is one of the foundational courses for the Certificate. Students (both UC and non-matriculated) can take this exciting course. Spaces are limited so early registration is encouraged!

SELF CARE AND MENTAL WELLBEING

26-MEDS-2089001 (Spring 2021) Course ID: 45338

Registration:

Current students can use the course ID above to register. Non-degree seeking students and community members can register as a non-matriculating student ([click here](#)) and proceed to register for this class. Current credit hour fees can be found [here](#). Please review our website below for more information and updates. See the description below for more information on our summer class offering.

Course Description:

This course will introduce scientifically validated strategies shown to reduce stress and increase mental wellbeing. It will also seek to increase students' capacity to overcome setbacks, challenges, and difficulties. The course will include exploration and discussion of the psychological science of self-care and mental wellbeing and include experiential learning of specific self-care strategies to bolster overall mental wellbeing and resiliency.

Course Objectives:

1. To describe the principle foundations of self-care and mental wellbeing.
2. To introduce and practice a variety of easily implemented self-care strategies including various breath, meditative, cognitive, and physical (light) practices.
3. To understand the scientific rationale behind each technique practiced.
4. To understand how, when, and why to implement techniques taught in his/her personal life and understand the potential for incorporating techniques into future professional settings.
5. To create two individualized self-care plans, one for maintenance and one for times of high stress.

Prerequisite: None

*This course is highly experiential and class participation is strongly encouraged and expected!
Questions? Contact Kelly Lyle at kelly.lyle@uc.edu. Or visit <http://med.uc.edu/integrative>*