

AREA L AHEC

PART OF NC AHEC

Finding Your Zone: Mindfulness Practices for the Healthcare Workforce

Podcast and Online Course Information

Vivek Murthy, MD, Surgeon General of the United States, released an advisory, *Addressing Health Worker Burnout*, in 2022. He acknowledged that health workers have been able to “persevere and perform” despite the many challenges in the current healthcare landscape; however, he also advised that many have been “pushed to the brink” and we are now facing a health worker burnout and mental health crisis. He issues a challenge to “care for those who have always cared for us.”

Jama Greene, MD, and Victor Jones, LCSW, LCAS, have developed content to give health workers information and tools to improve their wellbeing and to meet Dr. Murthy’s challenge.

Their content has been developed into an accredited online course, as well as a podcast series that can be accessed via Apple & Spotify. If you wish to receive continuing education credit you must register & listen through Area L AHEC. Read the details for both below.



- *Session 1: Hand-Brain Model*
- *Session 2: Stress/Survival Responses*
- *Session 3: Introduction to Resilience Tools*
- *Session 4: Secondary and Vicarious Trauma*
- *More sessions to come...*

To receive continuing education credits (CME, CEU, or Contact Hours):

The podcast series is available through [Area L AHEC’s course catalog](#). For easy access, you can copy and paste this link in your browser or click here: <https://www.areasahc.org/courses-and-events/71394/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce>

To receive credit, you must complete the online course in its entirety and pass the post-test. Upon completion of the online course, you will receive an automated email from NCAHEC regarding completion of the evaluation, which generates your certificate.

For leisure listening (no credit):

- **Apple Podcast**
<https://podcasts.apple.com/us/podcast/finding-your-zone-mindfulness-practices-for-the-healthcare-workforce/id1701650202>
- **Spotify:**
<https://open.spotify.com/show/4P1ihPv6FswTSi9hPBSJGO?si=1ea374d8f6524531>

Reminder:

You will not be able to receive CME, CEU, or contact hours by listening to the podcasts on these platforms.

For questions email:

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