

WellSpan Health ~ WellSpan York Hospital

Vickrey Lecture: Stress Management and Resilience Training

WellSpan York Hospital,

Faculty:

Program Goal:

Learning Objectives:

- 1 Describe how to integrate proven, effective self-care practices into your daily life.
- 1 Discuss how to practice being present and make your care of patients more effective and safe.
- 2 Discuss the neural traps in our brain and how to overcome them.

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