

LMMSC Module 10 Prescribed Application Activity Guide

You are required to complete **2 hours** of prescribed application activities for **LMMSC Module 10, *The Role of Positive Psychology***. If the number of application activity hours completed for this module exceeds the prescribed requirement, the additional hours accrued may be counted toward the flexible application activity requirement. Select activities that fit your individual learning needs and interests from the options outlined below. While many activities may be completed independently, recall that at least 1 hour of group collaboration for each module is strongly encouraged.

/COLLABORATIVE/

Discussion of Virtual Module 10 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M10U1, M10U2

- Activity: For every 2–4 virtual units delivered within a module, faculty or learners may host a review session to further discuss and synthesize LMMSC content.
- Submission: Attest to completion (including date and actual time spent) and upload a summary of what was covered (~1 paragraph). Identify at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Module 10 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M10U1, M10U2

- Activity: Faculty or learners may lead or participate in a journal club reviewing a lifestyle medicine-related research article that directly applies to the content presented in this module. Articles may be selected from the references listed within the virtual module or elsewhere (see additional resources below). Consider using this [model for journal club presentations](#), or other similar methodologies as currently employed by your program/institution. Time spent preparing for the journal club discussion (e.g., reading the article or creating a presentation) may be counted toward overall activity credit.



Module 10 Guide: The Role of Positive Psychology

- o Additional journal club resources:
 - [American Journal of Lifestyle Medicine \(AJLM\)](#): Complimentary access and CME/MOC credits for active ACLM members
 - [American Board of Lifestyle Medicine \(ABLM\)](#): Access to required MOC articles (x3 annually) for enrolled ABLM Diplomates (may be accessed by faculty members who are ABLM Diplomates)
 - [ACLM Journal Club](#): Virtual events hosted through the ACLM Connect platform (monitor ACLM Connect account for event announcements)
- Submission: Attest to completion (including date and actual time spent) and upload a synopsis of the journal article (~1 paragraph), along with the citation. Please include your personal conclusions regarding the applicability of the lifestyle-based interventions addressed in the article to your practice/patient population.

Creating Positive Workplace Culture (Credit = up to 1 hour)

Collaborative

M10U1, M10U2

- Activity: Positivity can expand and influence others, which can ultimately change the culture of your clinic team, training program, or institution. Discuss opportunities that may bring positivity to the forefront of your clinic and/or training setting with colleagues. These may be related to patient care, team dynamics, etc. Identify two specific activities or behaviors to implement over a defined period (consider 1–2 weeks). Follow up at the end of this period to reflect on how you feel and how you perceive others respond to the positive activities and behaviors.
- Submission: Attest to completion (including date and actual time spent) and submit a brief reflection (~1 paragraph) in response to the activity.

ACLM Mentor Match (Credit = up to 1 hour per session; may complete multiple sessions for up to 2 hours total)

Collaborative

M10U2

- Activity: Explore [mentorship](#) in the context of lifestyle medicine and participate in the [ACLM Mentor Match program](#), either as a mentor or mentee. Meet in person or virtually with your mentor or mentee periodically throughout the next 3-6 months.
- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) about your experience engaging with your mentor/mentee.



Module 10 Guide: The Role of Positive Psychology

/ COLLABORATIVE OR INDEPENDENT /

Personal Goal Pathways (Credit = up to 1 hour)

Collaborative or Independent

M10U1, M10U2

- **Activity:** Using the example below, identify two new goals and complete the process to create pathways for achieving each new goal. You may want to create one goal for your personal life or your health and one goal for your professional life or career.
 - Write down your personal goal in the far right "Goal" column.
 - Identify at least two to three paths or behaviors that will support achievement of your goal and write these down in the far left "Pathways" column.
 - Identify and write down potential obstacles in the middle "Obstacles" column; consider how you might address these obstacles if/when they arise.

Pathways	Obstacles	Goal
Batch cook weekly meals	Not enough time to grocery shop and cook	Eat a whole food plant-based diet at least 90% of the time
Find food establishments with plant-based options	Few options near work	
Find someone to share shopping and cooking	They're not always available when I need the support	

Consider discussing your goals with at least one other person who can support you. Track your progress toward achieving these goals over time. Assess your progress and create new pathways as needed.

- **Submission:** Attest to participation (including actual time spent) and upload a copy of your Pathways -> Obstacles -> Goals worksheet.



Module 10 Guide: The Role of Positive Psychology

Helping Patients Connect Through Community Volunteer Opportunities (Credit = up to 1 hour)

Collaborative or Independent

M10U1, M10U2

- Activity: Identify community-based volunteer opportunities available to your patients. Consider nursing homes, hospitals, animal shelters, soup kitchens, museums, mentoring programs, school tutoring programs, religious organizations, etc. Create a list, handout, or electronic medical records (EMR) tool to share these resources with your patients and their families.
- Submission: Attest to completion (including date and actual time spent) and upload a copy of your list/handout/EMR tool.

Blue Zones Introduction (Credit = 1 hour)

Collaborative or Independent

M10U2

- Activity: Read Dan Buettner's *National Geographic* article, "[The Secrets of Long Life](#)," and watch his TED Talk, "[How to live to be 100+](#)" (22:11).
- Submission: Upload a reflection (~1 paragraph) in response to the article and TED Talk, with particular attention paid to the relationship between interpersonal connectedness and health/longevity.

Blue Zones Deeper Dive (Credit = up to 3.5 hours)

Collaborative or Independent

M10U2

- Activity: Watch one to four episodes of the docuseries "[Live to 100: Secrets of the Blue Zones](#)" (total run time 02:38:00). Review the Blue Zones "[Power 9](#)" principles and complete the Blue Zones "[True Vitality Test](#)."
- Submission: Upload a reflection (~1 paragraph) in response to the docuseries and include a screenshot of your True Vitality Report results.



Module 10 Guide: The Role of Positive Psychology

/INDEPENDENT/

Lifestyle Medicine Primer: Positive Social Connection (Credit = up to 0.5 hours)

Independent

M10U1, M10U2

- Activity: Review the following article from [A Family Physician's Introduction to Lifestyle Medicine](#), a supplement to *The Journal of Family Practice* (which can be found on the LMMSC "Resources" landing page under the "Curriculum Description & Resources" heading):
 - "Positive Social Connection: A Key Pillar of Lifestyle Medicine"
- Submission: Attest to completion (including date and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through your reading.

Building Positive Relationships with Patients (Credit = up to 0.5 hours)

Independent

M10U1, M10U2

- Activity: At the conclusion of a clinical encounter, ask your patient or their family member one or more of the following questions:
 - How optimistic do they feel about the treatment plan/goals/etc.?
 - What is one thing they are hopeful for or excited about in the next week?
 - How do they feel the visit went? What went well? What could be done to improve their experience in the future?

Following the encounter, consider what you felt went well and what you would like to change.

- Submission: Attest to completion (including date and actual time spent) and submit a brief reflection (~1 paragraph) in response to the activity.



Module 10 Guide: The Role of Positive Psychology

Identifying Personal Strengths (Credit = up to 1 hour)

Independent

M10U1, M10U2

- Activity: Complete a strengths assessment of your choice and review the report findings. There are numerous assessments available (some may require a fee, while others are free), including:
 - [Clifton Strengths](#)
 - [VIA Institute on Character](#)
 - [Strengths Profile](#)
 - [Strengthscope](#)
- Submission: Attest to completion (including date and actual time spent) and submit a brief reflection (~1 paragraph) in response to the activity, with particular attention paid to how a more comprehensive understanding of your personal strengths may promote well-being.

Personal Positive Psychology Application (Credit = up to 1 hour)

Independent

M10U1, M10U2

- Activity: Explore [Happify](#), which is an interactive online resource with positive psychology-related content. Select at least one “track” to complete. In general, completing a track will involve engaging in one or two brief activities (including games!) per day over the course of 1 week. *Note*: This site requires paid subscriptions for some content, but many activities are available for free (e.g., the “Defeat Loneliness” or “Cope Better with Stress” tracks).
- Submission: Attest to completion (including date and actual time spent) and submit a brief reflection (~1 paragraph) in response to the activity.

Social Media Best Practices (Credit = up to 1 hour)

Independent

M10U2

- Activity: Review the “social media best practices” discussed in Module 10 Unit 2 and develop a SMART goal that addresses an area of your current social media use that you would like to improve. Enact this SMART goal over the next 2-4 weeks.
- Submission: Submit your SMART goal along with a brief reflection (~1 paragraph) on your experience with setting and adhering to your SMART goal.

