

LMMSC Module 2 Prescribed Application Activity Guide

You are required to complete **2 hours** of prescribed application activities for **LMMSC Module 2, Clinician Self-Care and Influence on Community Wellness**. 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 2 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M2U1, M2U2

- 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 2 Journal Club (Credit = up to 1.5 hours per journal article)

Collaborative

M2U1, M2U2

- 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.



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- 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.

/ COLLABORATIVE OR INDEPENDENT /

Identify Clinician Wellness Resources (Credit = up to 1.5 hours)

Collaborative or Independent

M2U1, M2U2

- **Activity:** Identify resources supporting clinician wellness available at your institution/training program or through a professional organization (such as the [American Academy of Family Physicians](#), the [American Academy of Pediatrics](#), etc.). Consider reaching out to a chief wellness officer or department if available. Identifying resources available to you (and your colleagues) and understanding how your institution supports clinician wellness can be empowering!
- **Submission:** Attest to completion (including date and actual time spent) and submit a list of at least three key resources. Reflect upon scenarios in which utilizing these resources may be beneficial to you (or colleagues) and how barriers to engaging with these resources might be addressed (~1 paragraph).

Explore Institutional Opportunities for Clinician Wellness (Credit = up to 1 hour)

Collaborative or Independent

M2U1, M2U2

- **Activity:** Watch Dr. Michelle Thompson's presentation "[Physician Burnout: UPMC Efforts to Address & Mitigate Using Integrative Tools & Lifestyle Medicine](#)" (24:30), which highlights a variety of lifestyle medicine-based interventions that have been integrated



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across the University of Pittsburgh Medical Center (UPMC) health system. Identify programmatic elements that you find appealing and consider how your institution or training program might incorporate similar programs or resources.

- **Submission:** Attest to participation (including date and actual time spent) and upload a reflection (~1 paragraph) in response to the presentation, with particular attention to how implementation of the specific wellness program initiatives highlighted may positively impact clinician well-being.

VA Whole Health Personal Health Inventory (Credit = up to 1.5 hours)

Collaborative or Independent

M2U1, M2U2

- **Activity:** Explore the resources available on the US Department of Veteran's Affairs [Whole Health Library](#) website and complete the Whole Health [Personal Health Inventory \(PHI\)](#). After completing the PHI form, consider talking with family, friends, or fellow LMMSC learners/faculty members about areas that you would like to explore further to improve your personal health and well-being.
- **Submission:** Attest to completion (including date and actual time spent) and submit a copy of your completed PHI form.

/INDEPENDENT/

Self-Care Through the Arts: Photo Journaling (Credit = up to 1.5 hours)

Independent

M2U1

- **Activity:** Create a photo journal of activities or practices that nourish you on a daily basis. These may include preparing meals, exercising, playing an instrument, gardening, meditating, reading, volunteering, etc. Take at least one photo per day for one week and provide a brief caption for each of the seven photos. There are many applications you can use on your phone or computer to help you document your journal (e.g., [Blipfoto](#), [Tookapic](#), [Dribbble](#), etc.), though uploading your pictures with captions to a Word or PowerPoint document will also suffice. Consider sharing your photo journal with family, friends, or fellow LMMSC learners/faculty members.
- **Submission:** Attest to completion (including date and actual time spent) and upload a copy of your photo journal.



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Self-Care Through Personal Reflection and Affirmation (Credit = up to 1 hour)

Independent

M2U1

- Activity: Review ACLM's [Take Time for Self-Care](#) handout. Create a list of self-care practices that you engage in on a consistent basis. Reflect upon the small choices and behaviors that contribute to your well-being and identify resources that have enabled you to engage in these practices:
 - How long have you been able to do X?
 - What makes it possible for you to do X?
 - What support do you have to continue engaging in X?
- Submission: Attest to completion (including date and actual time spent) and upload a reflection (~1 paragraph) on this activity and address the prompts outlined above.

Lifestyle Medicine in the Workplace (Credit = up to 1 hour)

Independent

M2U2

- Activity: Review the [Guidance Statement](#) from the American College of Occupational and Environmental Medicine (ACOEM), which supports the inclusion of lifestyle medicine-based interventions to promote employee health and wellness in the workplace. Take note of the section in the article entitled "Incorporation of LM into Workplace Policies and Programs" (starting on page e76 of the PDF) and identify components of viable workplace wellness programs or resources that suitably address each of the six pillars of lifestyle medicine.
- Submission: Attest to completion (including date and actual time spent) and submit a brief reflection (~1 paragraph) describing how you would structure a workplace wellness initiative addressing one lifestyle medicine pillar of your choice.

