

LMMSC Module 9 Prescribed Application Activity Guide

You are required to complete **4 hours** of prescribed application activities for **LMMSC Module 9, Emotional and Mental Well-being**. 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 9 Content (Credit = up to 1 hour for every 2–4 units covered)

Collaborative

M9U1, M9U2, M9U3, M9U4

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

Collaborative

M9U1, M9U2, M9U3, M9U4

- Activity: Faculty or learners may lead 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 (so long as they are topically relevant). 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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- 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 /

Meditation Class Participation (Credit = up to 1 hour per class; may be completed twice for up to 2 hours total)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Attend a meditation class at a local gym/yoga studio, YMCA, park, community center, etc. Consider the following questions:
 - Why did you choose this class? Did you attend the class with anyone else you knew?
 - What did you like or dislike about the class? Would you prefer to try a different type of class?
 - How did the class impact you? Were there any perceived benefits? (Relaxation? Boosting mood? Reducing anxiety?)
 - How did it feel meditating with others? Do you prefer meditating in a group setting or independently?
- Submission: Attest to participation (including date and actual time spent) and submit a brief reflection (~1 paragraph) addressing the prompts outlined above.

Stress Management Tools (Credit = up to 2 hours)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: [STEP 1] Investigate available meditation/stress reduction apps/websites and create a list, handout, or electronic medical records (EMR) tool that outlines options accessible to your patient population. Examples of apps/websites include Insight Timer, Breathe2Relax, MINDBODY, The Mindfulness App, Meditation Timer Pro, MindMeister, Ambi Pro, Calm, Headspace, and Day One.
[STEP 2] Select one app/website to trial for at least 10 minutes daily for one week. Consider collaborating with colleagues to trial multiple apps/websites. As you engage in the meditation exercises, consider the following:



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- Identify areas of resistance that impact your ability to engage in meditation. How did these areas change over the course of the week (i.e., did it become easier or more difficult)?
- What types of meditation (e.g., guided meditation, music-based, etc.) were most effective for you?
- Select at least one meditation program that you would recommend to a patient to address a mental health condition (such as anxiety) and explain what you found to be beneficial.
- Submission: Attest to participation (including dates and actual time spent), submit a brief reflection (~1 paragraph) addressing the prompts outlined above, and upload a copy of your list/handout/EMR tool.

Creative Expression (Credit = up to 1 hour)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Engage in a creative hands-on activity such as playing a musical instrument, drawing, painting, or other craft using wood, clay, yarn, or other medium.
- Submission: Attest to participation (including date and actual time spent) and submit a picture of your finished/unfinished project or activity.

Volunteerism (Credit = up to 2 hours)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Volunteer to support an organization or a cause that is important to you (which may also include participating in a spiritual or religious activity/event). Consider ["TimeBanking"](#) resources, which provide location-oriented opportunities for community members to both give and receive support.
- Submission: Attest to participation (including dates and actual time spent) and submit a brief reflection (~1 paragraph) on your experience.

Forest Bathing (Credit = up to 1.5 hours)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Review the benefits of ["forest bathing"](#) and then spend time walking (at a slow pace) through or sitting in a forested area, such as a local, state, or national park. Silence your phone and other electronic devices. Survey your surroundings, taking note of the colors, sounds, and scents of nature.



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- Submission: Attest to participation (including date and actual time spent) and submit a brief reflection (~1 paragraph) on your experience.

Emotional Support Animals (Credit = up to 1 hour)

Collaborative or Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Investigate local or regional programs that provide training for emotional support animals. Create a list, handout, or EMR tool that outlines options that are accessible to your patient population, and consider the following:
 - What types of animals are trained?
 - Where and when are the training sessions held?
 - How many training hours need to be completed for the animal to be licensed as a support animal?
 - Once the animal is certified as a support animal, what does this allow? Can the animal live in an apartment or dorm? Can the animal travel on public transportation?
- Submission: Attest to participation (including actual time spent) and upload a copy of your list/handout/EMR tool.

/ INDEPENDENT /

Lifestyle Medicine Primer: Stress Management (Credit = up to 0.5 hours)

Independent

M9U1, M9U2, M9U3, M9U4

- 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):
 - "Lifestyle Medicine and Stress Management"
- 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.



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Mindfulness During a Clinical Encounter (Credit = up to 0.5 hours)

Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Practice mindfulness during a clinical encounter. Be sure to:
 - Remove physical barriers between you and the patient.
 - Stay focused and attentive with the patient.
 - Practice active listening; don't interrupt, acknowledge what is being said, and encourage further discussion.
 - Ask clarifying and thoughtful questions.
 - At the end of the visit, ask "Is there anything else?" or "What else would you like to share?"

At the end of your visit, ask your patient or their family member the following questions:

- Do you feel like I fully understand the situation/issue/problem?
- Do you think we communicated well during this appointment?

Following the encounter, consider what you felt went well and what you would like to change. In addition, consider how replicating this approach with all patients may impact your overall connectivity with patients and your sense of joy with work.

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

Bibliotherapy (Credit = up to 2 hours)

Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Select a book to read for at least 30 minutes per week over the course of one month. Try to select a book that you expect will resonate with you in your present situation and may perhaps help foster problem-solving capabilities and self-awareness. Consider these [bibliotherapy recommendations](#) (or other resources you are able to identify) to aid you in your book selection.
- Submission: Attest to completion (including dates and actual time spent) and submit a brief reflection (~1 paragraph) on your experience.



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Personal Therapy (Credit = up to 1 hour per session; may complete twice for up to 2 hours total)

Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Complete a personal consultation (30–60 minutes) with a behavioral health professional. Consider your personal wellness attitudes, beliefs, and behaviors and how they impact your joy and resilience. Consider consulting your institution's wellness resources to locate a provider.
- Submission: Attest to participation (including dates and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

Behavioral Health Professional Shadowing or Rotation (Credit = up to 2.5 hours)

Independent

M9U1, M9U2, M9U3, M9U4

- Activity: Shadow or rotate with a behavioral health professional (consider contacting a therapist or psychiatrist who is working with one of your patients). Investigate/discuss the following:
 - Ask about their educational background (school attended, degree obtained), specialty certification/fellowships completed, years of experience, and particular areas of interest.
 - Ask what would be helpful for all physicians to know or understand about therapists and/or therapy.
 - Learn common treatment modalities that you can teach or prescribe to patients for conditions that you encounter frequently.
 - Explore what type of patients or conditions may or may not require referral to therapy or counseling.
- Submission: Attest to participation (including dates and actual time spent) and report at least one clinically or personally relevant insight that was gained or reinforced through the activity.

